



#24HR COLOR: INTENSIFY WITHOUT THE DRY THE PRO LOOK OF LONGWEAR

STEP 1: INTENSE LONG-LASTING COLOR. STEP 2: A CONDITIONING PRO-SEAL BALM. RESISTS FADING, TRANSFER, WHATEVER. LASTS UP TO 24 HOURS.

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ULTIMATE PERFECTION IN JUST 1 STROKE

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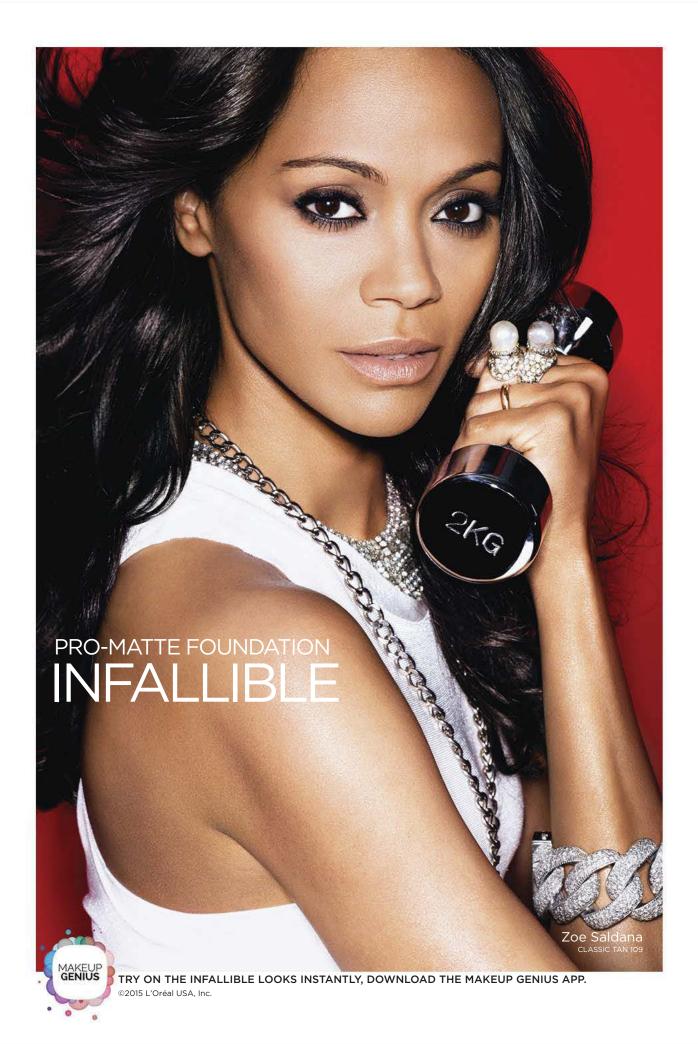
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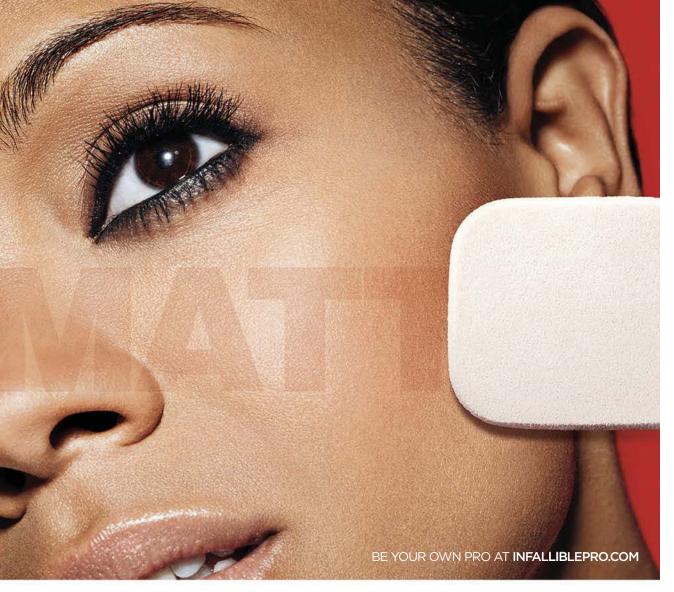












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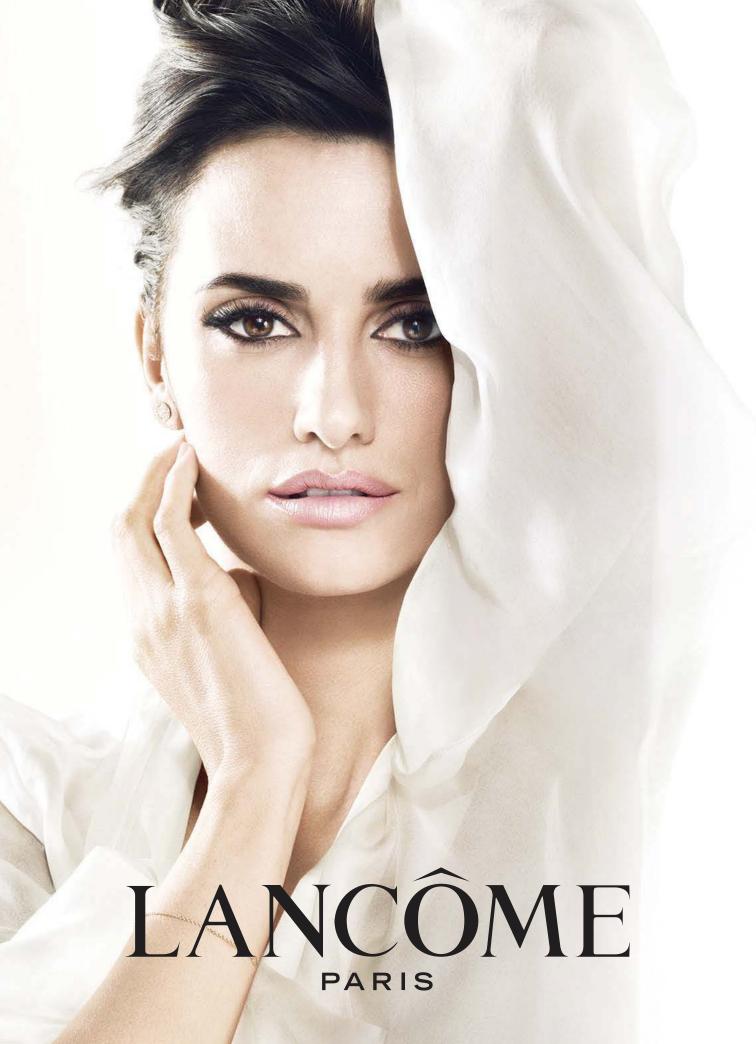


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MAY 2015

COVER STORIES

For May, do it big, do it better, and be your hottest. Discover the 50 Best Beauty Products Ever! in Cosmo's Beauty Awards (85). Learn to Kick More Ass at Work (213), at the Gym (140), and in Bed (198). And look, it's Madonna—Need We Say More? (163). Don't miss Sex! Sex! Sex! Make All Your Moves Hotter (194). And you won't believe this Erotic New Trend: Besties With Benefits (202).

"I have this fascination with being on the road, all things music, and the '70s."

"SHE'S WITH THE BAND," FEATURING PITCH PERFECT 2 STAR BRITTANY SNOW.

THE MODELS PHOTOGRAPHED IN COSMOPOLITAN ARE USED FOR ILLUSTRATIVE PURPOSES ONLY; COSMOPOLITAN DOES NOT SUGGEST THAT THE MODELS ACTUALLY ENGAGE IN THE CONDUCT DISCUSSED IN THE STORIES THEY ILLUSTRATE.

CONFINIS



CULTURE CRUSH

Prepare to fall for Skylar Astin (50), and see your fave stars show Blonde Devotion (45). Plus, Fun, Fearless...Fail! (46), Safe, Sexy, Skanky (48), Before These Dudes Were Supes (54), and #RealTalk: First Comes Baby, Then Comes Marriage (58).

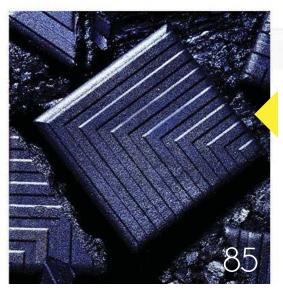
/4 STYLE

Go from Gym to Drinks and Look Hot Tonight (74). Say ciao to spring with La Dolce Vita (61). For more style inspo, check out Fun, Fearless Finds Under \$50 (62), Calling All Gladiators (64), Spring Flings (66), and Ask Kelly (70).



FEATURES

Guarantee your rager is a massive success with Who Wants to Party? (154). And learn what it's like to live with OCD in Real Life. Spoiler: It kind of sucks (146).



BEAUTY

It's Beauty Awards time! (85) Find the ultimate products for your style and mood, the most memorable celeb nail art, and the sexiest all-time scents, plus the bestever Beauty Under \$10. And here's a must-read: "I'm a Feminist...and I Got a Boob Job" (130).



BODY Make working out fun when you turn it into a besties social hour and say "Let's Have a Playdate" (133). Check out the latest trends in Food Buzz (134) and Fitness Buzz (136). And try the workout that will have you sexier in time for summer (140).

"One ni<mark>ght, I fell asleep</mark> on a bus, and when I woke up..."

CONFESSIONS AND WORST DATES EVER (42)

in every issue

- 18 50 Things to Do This Month
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- 244 Cosmo Quiz: Should You Move to a New City?





LOVE LUST

The 8 Myths About Men you need to stop believing now (189). All your juicy questions are answered in Sex Q&A (198) and Ask Him Anything (200). Plus, figure out how the male brain really operates by enrolling in Manthropology (206). Is being a sex columinist as glamorous as Carrie Bradshaw led you to believe? Find out in Amy Sohn's essay "Surviving the Bad-Sex Years" (208).

"I'm not terr<mark>ibly w</mark>orried about what p<mark>eople mi</mark>ght think of me. I just try to be myself."

COSMO EXCLUSIVE! FROM HER JAIL CELL: CHELSEA MANNING—NO MORE SECRETS. AND MEET THE WOMEN WHO GET STUFF DONE (226) IN THE SENATE.



FASHION & BEAUTY

All you'll be saying is "Big hair, don't care" when you make the ultimate statement with the styles showcased in Go Big or Go Home (174).



WORK & MONEY DKNY PR Girl Aliza Licht gives IRL advice on everything from ways to define your personal brand to how to kill it on social media (213). Get anything cheaper by negotiating with Retail Is for Suckers (222). Overshare much? Learn to Own Your Boundaries (225) at work.



MADONNA, COLLECT ALL FOUR COVERS! go to cosmopolitan.com/madonna







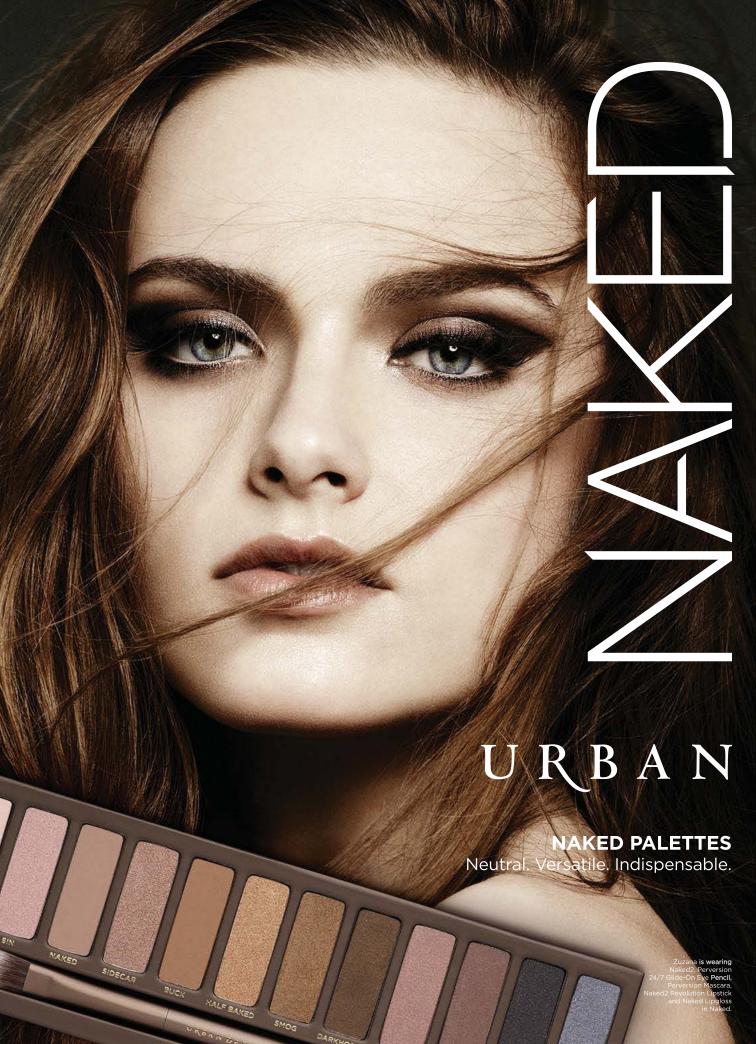


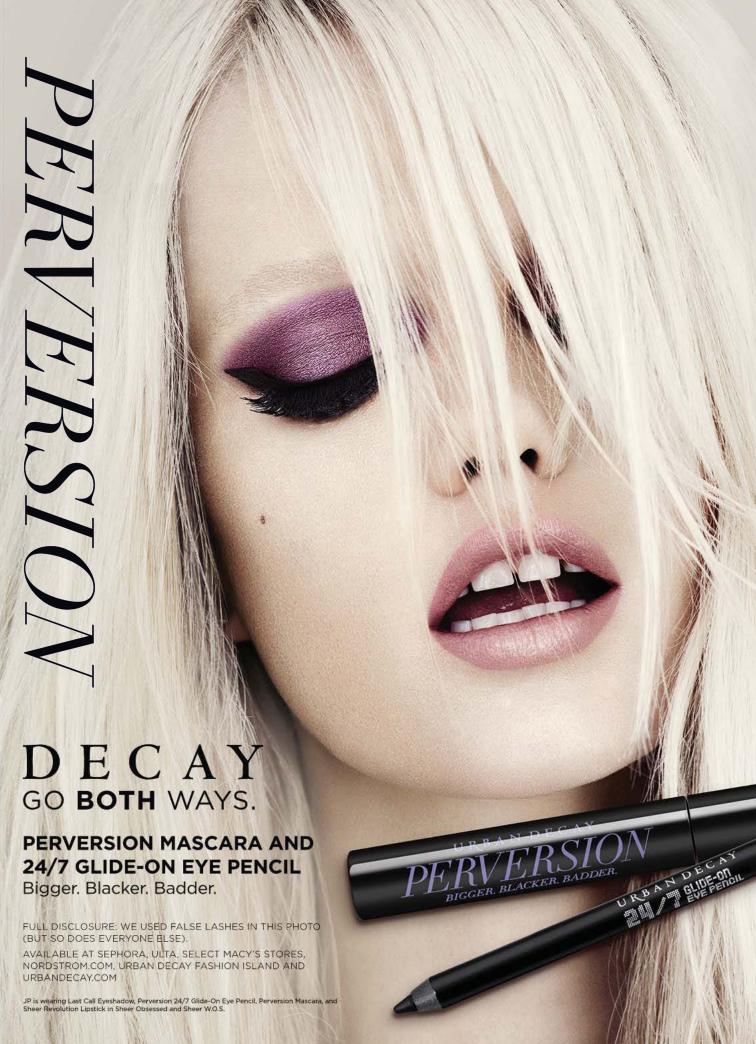
WIN IT! THIS XOXO TOTE, FILLED WITH THE SEASON'S LATEST PRODUCTS, COULD BE YOURS! ENTER FOR OUR CHANCE TO WIN **POLITAN** COM/ X0X02015 FOR DETAILS, SEE PAGE

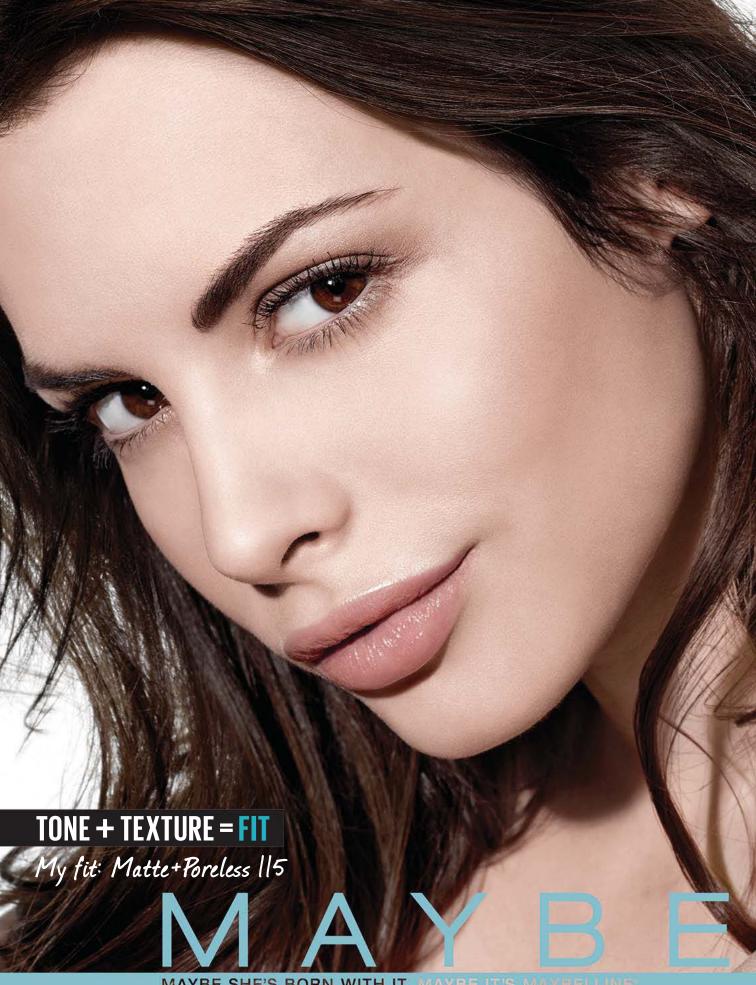
For fashion credits on all Madonna covers, please refer to page 242. To get Madonna's look, try Diorskin Nude Air Loose Powder Healthy Glow Invisible Powder in #20, Diorshow Khol Stick in Smoky Black #099, Diorshow Mascara in Catwalk Black, and Rouge Dior Brilliant in #999 (for red lip cover) or Rouge Dior Baume in Bleuette #288 (for nude lip cover), all by Dior. Fashion stylist: B. Akerlund. Hair: Andy LeCompte for Wella Professionals at The Wall Group. Makeup: Gina Brooke for Intraceuticals. Manicure: Naomi Yasuda using Dior Vernis at Streeters. Prop stylist: Chelsea Maruskin at Art Department. Production: Dana Brockman at Viewfinders. Photographed by Ellen Von Unwerth.

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MAKE FITHAPPEN! BEYOND MATCHING SKIN TONE, FIT MY SKIN.



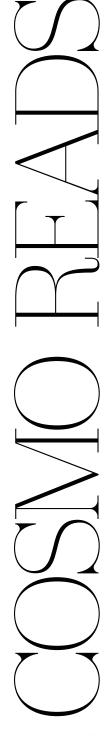




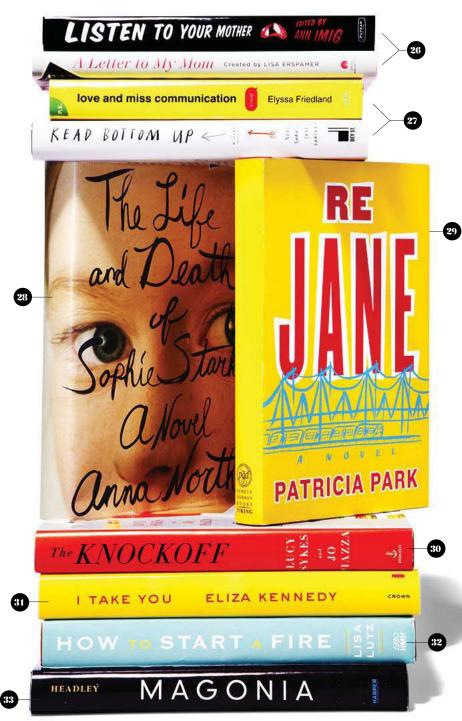


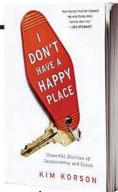






- ➤ 26. Celebrate Mother's Day, May 10, with the lively personal stories in LISTEN TO YOUR MOTHER and touching notes from stars like Melissa Rivers in A LETTER TO MY MOM.
- ▶ 27. The two charming novels LOVE AND MISS COMMUNICATION and READ BOTTOM UP shed light on our digital dating habits and how they affect our happily-ever-afters.
- ➤ 28. In Anna North's THE
 LIFE AND DEATH OF SOPHIE
 STARK, a filmmaker's
 obsession with work alienates
 those who love her—
 we hear it from their sides.
- 29. Jane Eyre gets a makeover via Jane Re, Patricia Park's 20something Korean-American orphan living in NYC in REJANE:
- 30. A magazine editor and her backstabbing underling face off and find out if the pen is mightier than the smartphone in Lucy Sykes and Jo Piazza's THE KNOCKOFF.
- ➤ 31. Eliza Kennedy's ITAKE YOU centers on Lily Wilder: young, successful, and engaged. Problem? She's terrified of saying "I do."
- ➤ 32. Life gets messy for three friends post-college. Grab your buds—Lisa Lutz's HOW TO START A FIRE has serious book-club potential.
- 33. When the sickly teen at the center of Maria Dahvana Headley's MAGONIA is shuttled to another world, suddenly she's the HBIC.





"Every book, TV show, is like, 'Be happy!' What if you're not? Is that okay?" asks Korson. "My dearest friend is an eternal optimist—she believes happiness is a choice, and I believe it's more of a setting. Can you rewire yourself? I went back through pivotal points in my life, when one should be happy. I realized that I have happy rest stops—moments when I can accept a little bit of happiness—and that might be it. I think it's kind of like managing a disease: It's not always comfortable, but I can deal with it. That's my setting, and that's okay."

d ocubstemy.

I DON'T HAVE A HAPPY PLACE: Writer Kim Korson puts pessimism under the microscope.







The Welsh singer/songwriter (birthname: Marina Diamandis) discusses her third studio album, Froot.

How have you changed since the first album? I feel content a lot less anxious and cynical. The pop world is very different for a songwriter who doesn't identify

What would you say to someone who's searching for

herself? There's a true voice in every person. Filter out crap, the things that do not matter.

What do you do to relax?

I go to this thing called British Military Fitness. It's like ex-military guys training you. So that, and hang out with friends and drink vodka.



43. GIORGIO MORO-**DER** The producer behind Donna Summer and Blondie now enlists Sia and Charli XCX among others for irresistible tracks.



44. RÓISÍN MURPHY It's pronounced Ro-sheen, and the Irish electronic star's '80s-inflected beats are as haunting as they are dance-y,



47. MAKE IT LAST

Splurge on Chanel's Misia, named after Coco's BFF, and spray lightly (chanel.com).

48. CLOWN ON

your friends all National Photo Month. The app Camoji turns your pics into LOL-worthy gifs.



49. GET YOUR **BROWS ON FLEEK** with the Benefit Brow Genie Tool that tells you your perfect arch. Perma-shock face be gone (benefitbrow genie.com).

LEARN THE LYRIGS (it's not "Starbucks lovers," FYI) before T. Swift's 1989 tour kicks off in Bossier City, LA, May 20.



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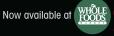
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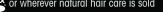
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COSMO CONVO

"Thank you for 'He Said What at Work?' I'd been having problems with sexual harassment for about a year and finally had the courage to speak up. I was afraid nobody would believe me, and I felt isolated and anxious. Nobody should have to feel uncomfortable at work!"

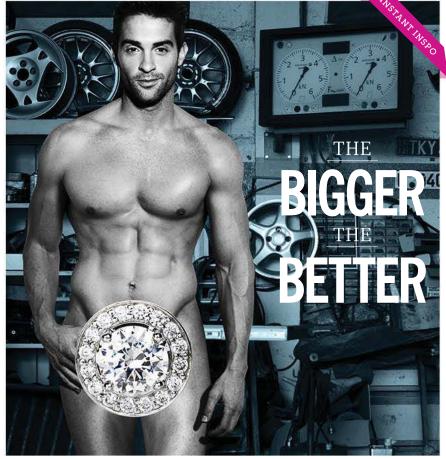
-ELIZABETH H., 22, WEST CHESTER, OH

"He Said What at Work?' really struck a chord with me. My manager talked me out of reporting sexual harassment because she feared I would lose my job. It's important that women know they should say something. There isn't a fine line between what's okay and what's not—it's staring us straight in the face."

-ALEXANDRA M., 23, SALT LAKE CITY. UT

"I almost started cheering while reading 'He Said What at Work?' I wish I had this information three years ago, when I was sexually and verbally harassed at work. This magazine has stepped it up by tackling hard topics like this."

—SHEILA E., 27, CHARLOTTE, NC





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@Cosmopolitan really helped open my (and my BF's) eyes to how the IUD works. And that it's right for us!#MyCosmo



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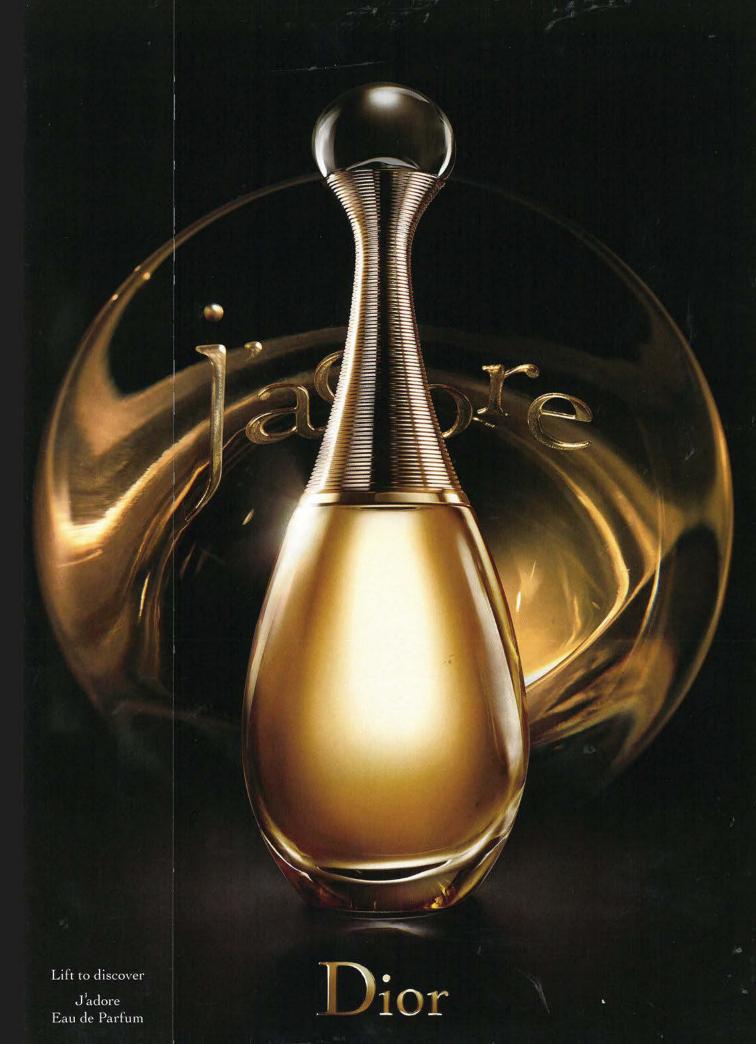


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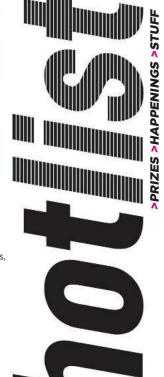
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How it works:









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Snack

of the

Month

Abby Larson's spring pea guacamole celebrates the season.

Blanch ½ pound fresh or frozen **peas** for 5 minutes in boiling water. Strain, and transfer to food processor. Add 1 **avocado**, and puree. Transfer to bowl. Mix in 1 avocado, juice of 1 lime, 2 cloves garlic smashed with 1 teaspoon salt, $\frac{1}{2}$ seeded and chopped jalapeño, 1 tablespoon red onion, 1 teaspoon hot sauce, 1 tablespoon sour cream, $\frac{1}{4}$ cup chopped cilantro, and salt and pepper to taste.

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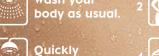




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Avoid applying to bottom of feet. Thoroughly clean tub/shower with not water after usage to remove residue and avoid slipping.



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CONFESSIONS

EDITED BY MARINA KHIDEKEL

YOU REVEAL YOUR MOST EMBARRASSING, RIDICULOUS, WHAT-WAS-I-THINKING MOMENTS.

1

"I was in charge of capturing my friend's wedding on video. The ceremony started and just as they were announced as husband and wife, I realized I'd forgotten to push record! They had to repeat the vows all over again so I could get a video....Oops."

—MYRNELLE S., 31, hairstylist, from Miami



CONFESSIONS@
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PHOTOGRAPHED BY MEREDITH JENKS

"I THOUGHT IT WOULD BE SEXY TO IT GOT EVERYWHERE, EVEN IN MY



"I'M A BIT OF A
SHOPAHOLIC, SO THERE
ARE THINGS WITH
TAGS IN MY CLOSET
THAT HAVE BEEN
THERE FOR, LIKE,
YEARS. THAT'S ME—
POP THE TAG AFTER
FOUR YEARS."

4 GUY CONFESSION

"MY GIRLFRIEND WAS GIVING ME MY 'BIRTHDAY GIFT' AT MIDNIGHT WHEN HER PARENTS WALKED IN WITH A BIRTHDAY CAKE FOR ME. THEY CANCELED THE PARTY, AND I WASN'T ALLOWED BACK."

-MICHAEL D., 27

"ONE NIGHT, I FELL ASLEEP ON A **BUS, AND WHEN** I WOKE UP, THE BUS **WAS DARK AND** EMPTY—I WAS AT THE BUS DEPOT AT NYC'S PORT **AUTHORITY STATION** IN THE MIDDLE OF THE NIGHT. I'D MISSED ALL THE STOPS AND THE BUS **DRIVER MUST NOT HAVE SEEN** ME_I WAS SO CONFUSED."

6 GUY CONFESSION

"I SHAVED MY NIPPLES YESTERDAY."

"I'm an engineering student, and our class had an engineer come talk to us about postgrad opportunities. It was very clear that he didn't think women were as qualified for the field as the guys. So when he went to shake our hands after class, I licked mine beforehand. So gratifying."

-TAYLOR S., 21

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PUT NUTELLA ON HIS JUNK. HAIR. IT WAS BAD."—WHITNEY B., 22



"WE GOT LOCKED OUT OF MY APARTMENT AFTER GOING PARTYING, SO WE HAD TO CALL OUR FRIEND TO LET US INTO HER APARTMENT FOR THE NIGHT. SHE DIDN'T HAVE EXTRA **BEDS AND WE SNUGGLED UP TOGETHER ON** A VERY SMALL COUCH. WE JUST HAD TO KINDA...

---MONICA

KIND OF YIN-YANGED ON THE LOVE SEAT."

—ALEX

"I FEEL LIKE WE JUST

"I AM A KARAOKE FIEND. 'HIT ME BABY ONE MORE TIME' IS MY FAVORITE, AND I EVEN DO DANCES WITH IT AND HAVE PERFECTED MY CHOREOGRAPHY. ALL MY FRIENDS MAKE FUN OF ME."

10 CELEB CONFESSION



"I went on a post-Thanksgiving colon cleanse, and my boyfriend at the time called me just to ask what's up. And I hate talking to boys while I poop. I just

can't. So I'm like, 'Nothing, really.' He goes, 'Do you want to hang out tonight?' And I say, "I, um, I just can't." So then he's like, "You're being weird. Are you with someone?" Finally, I was like, 'I'm pooping my brains out, okay? I've been on a colon cleanse for the past two days.' He teased me for months."

—ASHLEY RICKARDS, MTV's Awkward



11 "One time, I sneezed and my tampon shot out of me like a missile.' —CELESTE S., 22

12 "I was in a longdistance relationship, so I decided to send my girlfriend some naked pics... and accidentally sent them to my manager at work—hours before my shift started. Awkward." --- MARIAH S., 20

13 "I once accidentally left my vibrator on my nightstand when my parents came over. I panicked and pretended it was a piece of art. Not sure if they even believed me." —JULIA P., 27

14 "One time when I was drunk, I offered to trade my best friend for Taco Bell."

---CORI L., 21

GUY CONFESSION

15 "My 20-year-old stepsister has the same first name as a girl I was interested in, and I ended up drunk-dialing my stepsister for a booty call. We all laughed, but still...." —GAVIN M., 27



LITERALLY DERANGED



Worst Dates Ever



JUST CLUELESS

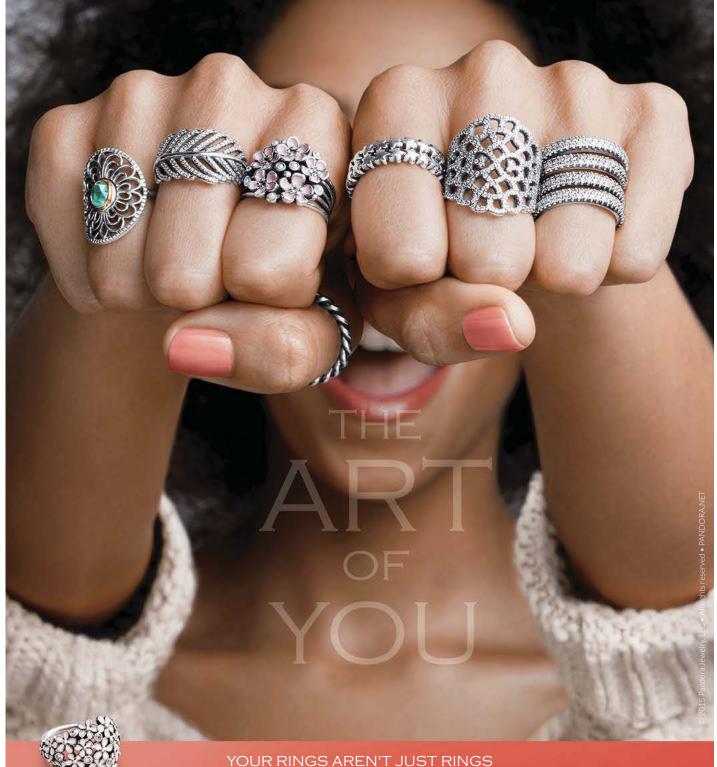
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FEARLESS Aussie student/

mom of two breastfeeds in cap and gown pic, gradu-

ates momma cum laude.



send you a replica in doll form. American Girl, who?



FEARLESS After an artist's makeunders, Bratz dolls look more like kids' playmates than *Playboy* playmates.



The Cool Baby, a boozefilled bottle on his chest.

HELLO, DOLLIES

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chocolate because... science: Research shows its antioxidants aid memory.



FAIL Chef makes chocolatepowder snorting device, gives new meaning to "I'm in love with the cocoa."

FAIL Sexy PhD Darling

heads. Smart women are

costume. Shaking our

already sexy. Duh.

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OVE IS ON

Before These Dudes Were Supes

The evolution of superhot superheroes from humble (translation: nerdy) beginnings.



It's a bowl cut!



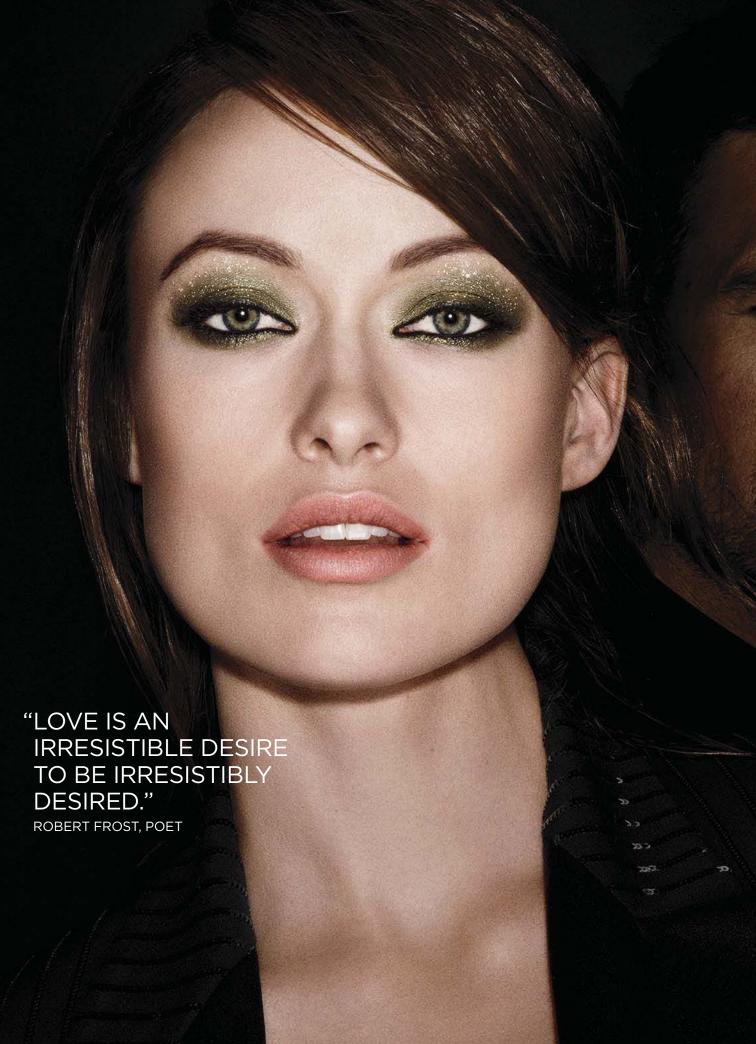


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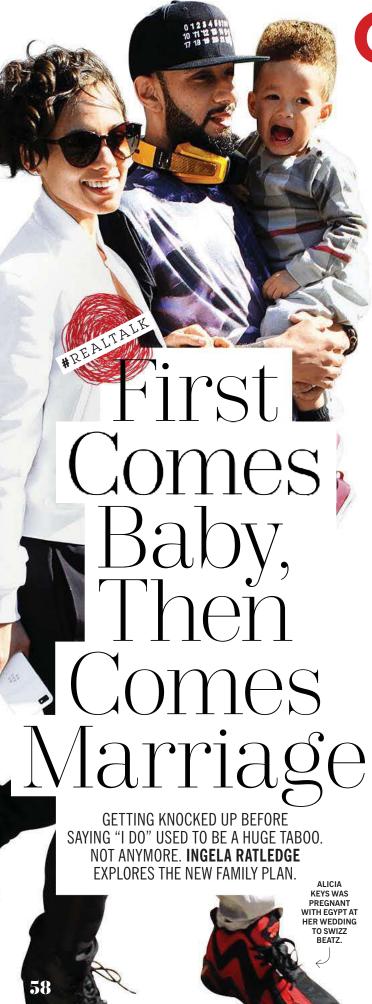


Even paint onto lashes!

OLIVIA WILDE WEARS DESERT DAZZLE.







EVERYBODY'S DOING IT: Mila Kunis, Zooev Deschanel, Alicia Keys, Scarlett Johansson. A-listers can't stop, won't stop putting the baby carriage before marriagethat is, if they bother to get hitched at all. Kourtney Kardashian is on her third reality-TV heir with no ring in sight. Even the Today show's Savannah Guthrie was four months along on her wedding day, proving that putting Pampers over pledges isn't merely stigmafree...it's the new normal.

Conceiving out of wedlock was once something to be discussed in whispers and solved with quickie (read: shotgun optional) nuptials. But according to a 2013 report cosponsored by The National Marriage Project at the University of Virginia, 48 percent of all first births are now attributed to unmarried mothers, mostly women in their 20s with some degree of college education. "People's ideas have changed radically due to ongoing cultural shifts tied to the economy, religious institutions, and sexuality," says psychologist Joshua Coleman, PhD, cochair of the Council on Contemporary Families. "Marriage before pregnancy is no longer the only legitimate path."

A 2010 study by the Pew Research Center revealed that 80 percent of people consider an unmarried couple living with a child to be a family. (Sixty-three percent said the same of gay and lesbian duos with kids.) "We've begun to define family more by how it functions than by its legal structure," explains Stephanie Coontz, author of Marriage, a History. In many countries, including Sweden, France, and freewheelin' Iceland-where a whopping 65 percent of

births are nonmarital—this has long been the mentality. We're just catching up.

Our timelines are different now. "Most professional young women today say they're still looking for marriage, kids, and career," says Coontz, "just not necessarily in that order." Much like cohabitation before marriage enjoyed a dramatic rebranding from "living in sin" to status quo, there's a growing acceptance of the decision to follow an alternative route when it comes to offspring. And with women kicking ass in the workforce like never before, we can quite literally afford to call the shots on when and how to procreate.

Such a seismic cultural shift is not without its haters. Last fall, Mets CEO Jeff Wilpon was accused of foul play when Leigh Castergine, a senior VP, alleged that he'd fired her for being pregnant and unwed. Naysayers frequently point to stats suggesting that unmarried parents have a greater likelihood of splitting up. "But a lot of those findings can be explained by other risk factors," says Coleman. Nothing about marriage per se increases the longevity of a relationship. "Younger adults who've been through their parents' divorce may feel more cautious. They're worried about putting their own child through that," says Coleman. "People worry that marriage creates more problems than it solves."

One thing is for sure: The level of commitment between two people can't be gauged merely by their status at the county clerk's office. But coparenting is another story. When you're willing to climb into the trenches together at 4 a.m. to calm a wailing infant, do it again the next night, and not wring each other's neck in the process? For my money, that's about as all-in, no-going-back, forever with a capital F as it gets.



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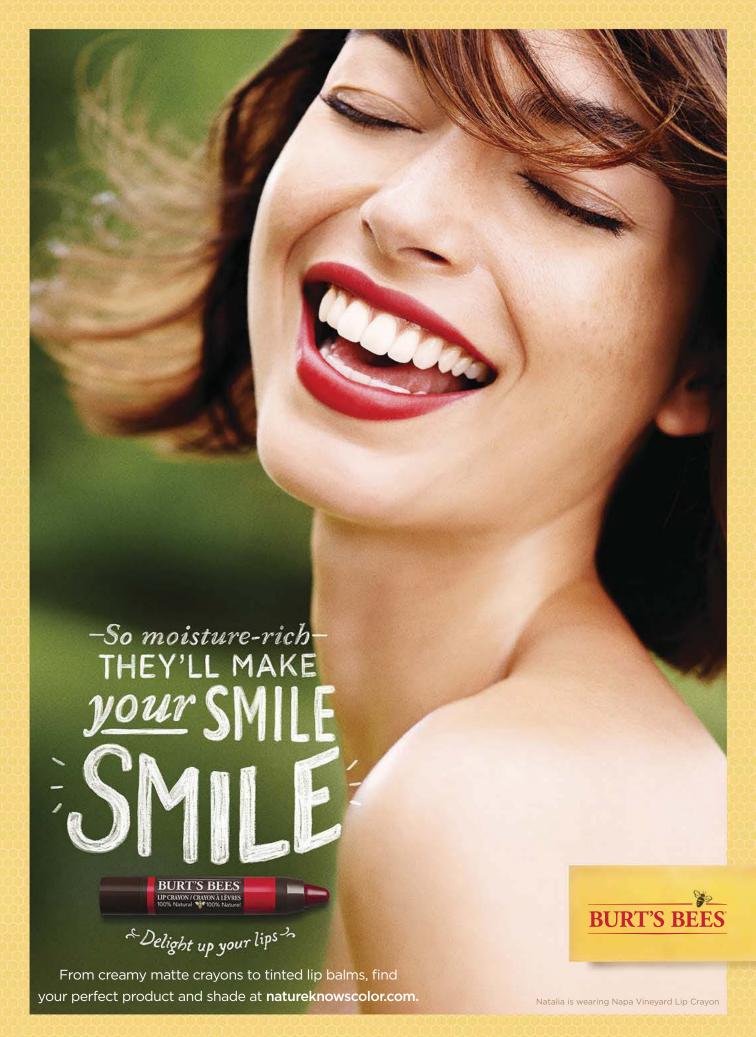


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Spring Flings

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HILLARY KERR AND KATHERINE POWER

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"The key shoe silhouette for spring? Definitely the platform. This sleek style from Barbara Bui tops our must-buy list, thanks to its strong color-blocking and sporty-chic details—two other trends that are still going strong too!"





STYLIST; SARAH GUIDO-LAAKSO FOR HALLEY RESOURCES. PORTRAITS: COURTESY SUBJECTS.



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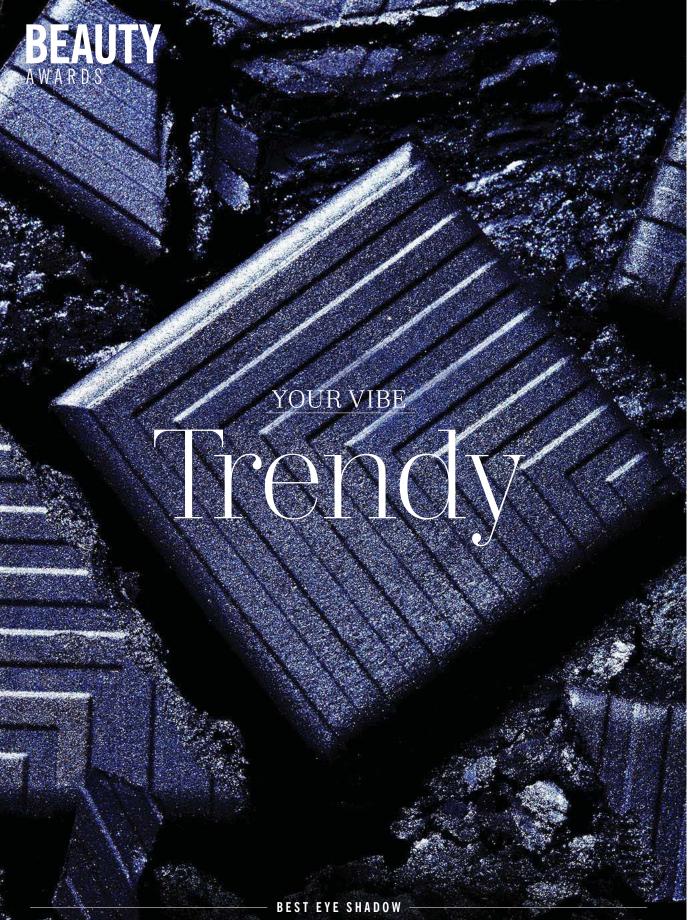
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EDITED BY LEAH WYAR IT'S OUR GOLDEN BIRTHDAY,

IT'S OUR GOLDEN BIRTHDAY, BUT WE HAVE A GIFT FOR YOU: THE MOST EPIC BEAUTY AWARDS IN COSMO HISTORY! FROM THE BIGGEST BREAKTHROUGHS TO SERIOUS STEALS TO, STARTING HERE, THE MUST-HAVE ESSENTIALS FOR WHATEVER TYPE OF COSMO GIRL YOU ARE.



BE THE FIRST OF YOUR FRIENDS TO ROCK SPRING'S SMOKY EYE. SIMPLY SWAP YOUR GO-TO GRAY FOR THIS COOL BLUE HUE.

NARS Dual-Intensity Eye Shadow in Giove, \$29, narscosmetics.com







_ COSMOPOLITAN _ MAY 2015







BEAUTY





FOUNDATION

Tap the cushion sponge lightly for subtle coverage, or give it a good press for more coverage when you need it.

LANCÔME

1. LANCÔME Miracle Cushion All-in-One Liquid Compact, \$47, lancome.com

BEST **STYLER**

This overachieving spritz—it refreshes, creates texture, adds volume, and more—is all you need in your hair arsenal.

2. NUANCE Texture Enhancing Finishing Spray, \$13, cvs.com

HAIR TREATMENT

Skip conditioner and add a few drops to the length of your tresses for instant polish and hydration.

3. MARULA OIL Rare Oil Treatment, \$40, raremarula.com for salons

SERUM

This leaves skin so dewy and smooth, you might not even need makeup.

4. BURT'S BEES Renewal Intensive Firming Serum, \$20, burtsbees.com

BEST MAKEUP MULTITASKER

This sheer lip and cheek stain takes the guesswork out of finding a perfect shade. It reacts to your skin's unique pH, creating a customized, perfect pink.

5. DIOR Cheek & Lip Glow, \$37, Sephora

BODY WASH

Cleanse, buff, and moisturize in one single step.

6. AVEENO Positively Nourishing Smoothing Body Wash, \$7, drugstores

EXFOLIATER

The ultimate lazy-girl tool, these bamboo-fiber sponges gently refresh skin when wet-no scrub needed.

7. SEPHORA Clean Machine Konjac Sponge Duo, \$15, sephora.com

BLUSH

All you need to look pulled together in seconds. Just dust along your T-zone and cheeks.

8. BOBBI BROWN Brightening Brick in Coral, \$46, bobbibrown cosmetics.com

ALL YOU NEED TO BE A Minimalist

















BOLD. GRAPHIC. **GET THE EDGE.**

NEW master GRAPHIC LIQUID LINER

THE HOW

The 1st liquid liner with a genius tri-angled tip.

THE WOW

Automatically draw our boldest line with the sharpest edge.

INNOVATIVE TRI-ANGLED TIP

MAYBELLINE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE".

Emily is wearing New Eye Studio® Master Graphic™ Liner in Striking Black

"The graphic look can be tricky, but the triangle tip gets it right!"

GLOBAL MAKEUP ARTIST

YADIM

NEW YORK





FIGHT ACNE IN ONE STEP

TREAT.
CONCEAL.
HYDRATE.

ONE PRODUCT

RESULTS

- · clears blemishes
- reduces imperfections
- · conceals redness
- · helps prevent new acne
- hydrates







With Salicylic Acid and Mineral Pigments

- Dermatologist Tested
- · Oil-Free
- Non Comedogenic

20M10X EXP 07/15 SAVE \$2.00

Drug Facts

Active ingredient

Purpose

Uses

for the treatment of acne
 clears up acne blemishes and allows skin to heal

Warnings

For external use only

Flammable until dry. Do not use near fire, flame or heat.

When using this product skin irritation and dryness is more likely to occur if you use another topical acne medication at the same time. If irritation occurs, only use one topical acne medication at a time.

Keep out of reach of children.

If swallowed, get medical help or contact a Poison Control Center right away.

Directions

- . clean the skin thoroughly before applying this product
- · cover the entire affected area with a thin layer one to three times daily
- because excessive drying of the skin may occur, start with one application daily, then gradually increase to two or three times daily if needed or as directed by a doctor
- . if bothersome dryness or peeling occurs, reduce application to once a day or every other day

Inactive ingredients

water, dimethicone, isododecane, glycerin, disostearyl malate, kaolin, disteardimonium hectorite, PEG-9 polydimethylsiloxyethyl dimethicone, sodium chloride, phenoxyethanol, dimethicone/polyglycerin-3 crosspolymer, PEG-10 dimethicone, sodium hydroxide, fragrance, sodium dehydroacetate, chlorphenesin, disodium stearoly glutamate, acrylates copolymer, tocopherol, ascorbyl palmitate, aluminium hydroxide, PEG-9, limonene, dipropylene glycol, linalool, hexyl cinnamal, citral; may contain: titanium divide izen grides.

Questions or comments? 1-800-370-1925

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BEST FACE POWDER

NOTHING BEATS THIS MINERAL-BASED FAVORITE THAT BLURS AWAY IMPERFECTIONS AND LEAVES SKIN PHOTOSHOP-FLAWLESS.

BAREMINERALS Original Foundation Broad Spectrum SPF 15, \$28, bareescentuals.com

BEAUTY



THE OCCULTULE HAIR EQUATION

Every beauty buff should know that

1 Pantene shampoo + 1 Pantene conditioner

= 2x stronger hair.* That's because Pantene conditioners are scientifically formulated to penetrate hair to the coremproving hair health from the inside out.

Find your perfect duo for 2x stronger hair.*

*strength against damage; Pantene shampoo + conditioner system vs. the shampoo alone.



Quench your hair with intense moisture from root to tip that lasts all day.



REPAIR & PROTECT

Repair 6 months of visible signs of styling damage in just one use.



SHEER VOLUME

Micro-boosters provide all-day lift while weightless conditioner gives 24-hour volume.



PANTENE





Smooth on the sunshine



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12/SKULL CANDY

Also debuted on Insta-

gram: Alexa Chung's

South of the Border-

inspired tips in 2012.

2012 Golden Globes.

try deep-V style in her

Lana Del Rey wore this sul-

2012 "Born to Die" video.

9/RED ALERT



5/MONEYMAKER

\$\$\$ look from Lily Allen's

We really Liked this

'13 Insta feed.

2/FACE TIME

this emoji-inspired

Rihanna happily debuted

mani at London's Jingle

Bell Ball back in 2008.

this look on Centre Court

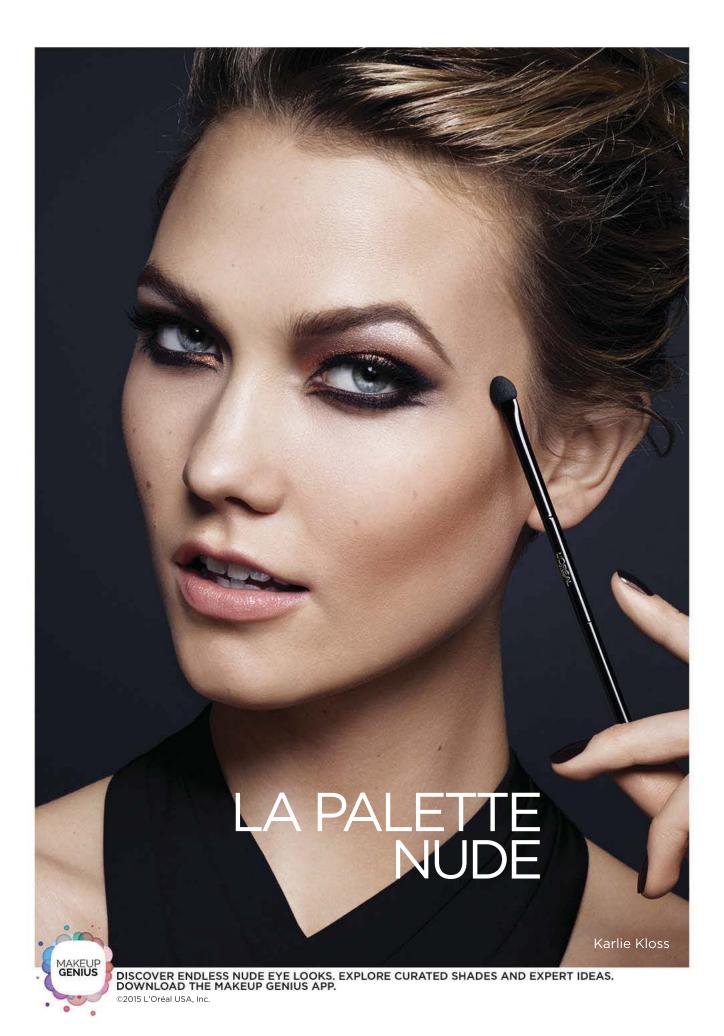
4/GONE PLATINUM

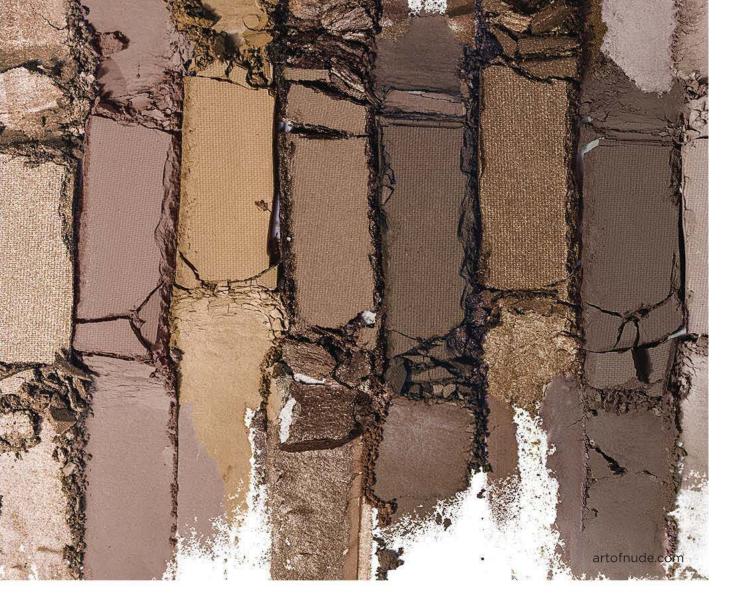
As seen on Beyoncé at the

2010 Grammy Awards.

at 2013's Wimbledon.







MASTER THE ART OF THE NUDE

UNLEASH YOUR CREATIVITY. INFINITE NUDE EYE LOOKS.

WITH THIS PALETTE YOU BECOME THE ARTIST. SHAPE IT, SOFTEN IT, HIGHLIGHT AND BLEND IT: THE DUAL-TIP BRUSH LETS YOU CREATE A MULTITUDE OF EXPERT NUDE EYE LOOKS WITH EASE. HIGH-IMPACT PIGMENTS. LUXURIOUS TEXTURE. ULTRA-SLEEK GLIDE. MASTER THE ART OF THE NUDE.









HEY, BUD

With floral-scented polish, you can do a mani anywhere and not get the stink eye.

1. REVLON Parfumerie Nail Enamel in Čhina Flower, \$6, drugstores

PRETTY SWEET

Giving new meaning to cocoa powder: this bronzer spiked with antioxidantrich chocolate.

2. TOO FACED Milk Chocolate Soleil Matte Bronzer, \$30, sephora.com

PUCKER UP

The grown-up version of Dr. Pepper lip balm: peach-infused lipstick.

3. MAC Wash and Dry lipstick in Tumble Dry, \$17.50, maccosmetics.com

WIPE HYPE

Fruity, acetone-free, and fab, these towelettes gently remove nail polish and nourish with argan oil.

4. JOSIE MARAN Bear Naked $Nail\,Wipes,\,\$9,\,sephora.com$

SKIN JUICE

A zit-zapper that smells like fresh-squeezed grapefruit? Yes, please!

5. NEUTROGENA Oil-Free Acne Moisturizer Pink Grapefruit, \$8.50, drugstores

GET CHEEKY

Wearing this pomegranatescented blush is like Elle Woods spritzing her résumé with perfume—so unnecessary, yet...why not?

6. BENEFIT Majorette Booster Blush, \$28, benefitcosmetics

MINT MATTENESS

These fiber-packed papers soak up oil and play mood-lifter, thanks to peppermint.

7. BOSCIA Pink Peppermint Blotting Linens, \$10, drugstores





NEW

CATCH THE BUTTERFLY INTENZA EFFECT

BOLDER, MORE INTENSE, ULTRA FANNED OUT.

A DOUBLE WING BRUSH MAKES THE DIFFERENCE, DELIVERING INTENSE VOLUME

AS IT STRETCHES LASHES OUTWARD. EXTREME IMPACT. INFINITELY EXTRAVAGANT.

BECAUSE YOU'RE WORTH IT."



TRY ON ENDLESS LOOKS INSTANTLY DOWNLOAD THE MAKEUP GENIUS APP.

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BEAUTY

Statement-Making Sexy

Indulgent, exciting, and totally transformative.



1992

With chocolate, caramel, and red berries, this 23-yearold cult fragrance created the category of "gourmand" and became a legend. THIERRY MUGLER Angel, \$150, saks.com



2000

In the early aughts, white florals had a major moment. But none had the posh factor like the jet-set designer's first perfume...he went wild with them here

MICHAEL KORS Eau de Parfum, \$88, Macy's



2005

The avant-garde design duo set off an explosion with their debut scent. Not for wallflowers, it's OTT seductive (that's the patchouli talking).

VIKTOR & ROLF Flowerbomb, \$80, sephora.com



2005

Think of this spicy tuberose scent like outrageously expensive lingerie: intimidating at first, but once you're in it, totally empowering.

FRÉDÉRIC MALLE Carnal Flower, \$250, barneys.com



2015

New to shelves this spring, this heady cocktail of lemon. pomegranate, and musk begs for something plunge-y or cropped.

VERSACE Eros Pour Femme, \$92, Macy's

THE SEXIEST SCENTS

BRING ON THE WHIFF-LASH! THESE FRAGRANCES—SOME ICONIC CLASSICS, OTHERS NEW FAVES—ARE ONE HUNDRED PERCENT UNFORGETTABLE.

Flirtatiously Sexy

More Audrey, less Marilyn.



1990

For many, this was the gateway fragrance to grown-up aspirations: a dreamy blend of rose and apricot that, crazily, still feels fresh.

LANCÔME Trésor, \$58, lancome-usa.com



1999

This delicate rose and jasmine scent goes on like a sheer veilperfect for when you want to turn on your BF (not everyone in a fivefoot radius!).

> DIOR J'adore, \$70, dior.com



2008

Powdery notes of rose and magnolia flower smell elegant yet still feel right with jeans. CHLOÉ Eau de Parfum, \$75, sephora.com



2011

While dudes seem to love this one—caramel and vanilla have that effect—the sophisticated musks keep it on the chic side of the street.

PRADA Candy, \$86, sephora.com

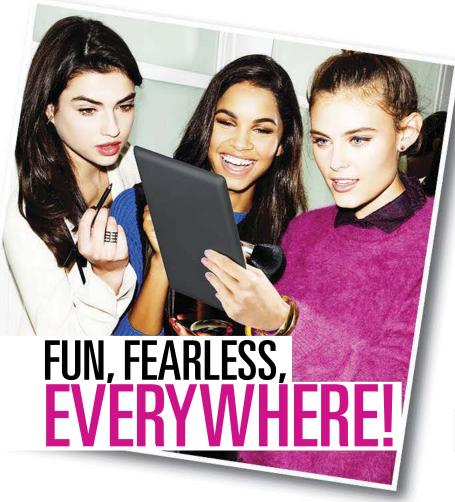


2015

It took an edgy English designer to take the stuffiness out of the rose. Twelve years later, she offers a dewier side of her signature flower.

STELLA MCCARTNEY

Stella Eau de Toilette, \$68, Sephora







Take our quiz—when taking the train. Share "Girls' Night Out" beauty tips—while you're out! Subscribe to *Cosmopolitan*'s digital edition and you're never without the fun, fearless advice you crave. Plus:

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BEAUTY

Subtly Sexy

Stripped down yet completely sensual.



1989

Black, white, and totally beachy, Eternity's early ads-starring a '90s-chic Christy Turlington—matched the minimalist spirit of this sage, freesia, and lily of the valley scent.

CALVIN KLEIN Eternity, \$62, macys.com



2001

The D&G guys came up with their recipe for the good life: a blend of bluebell, apple, and cedar (i.e., a warm, sunny aroma that feels like vacation).

DOLCE & GABBANA Light Blue, \$72, Sephora



2002

Out of her 21 (!) fragrances, it's Lopez's first that's most intriguing. Instead of giving us red-carpet glam, she went post-shower clean.

> JENNIFER LOPEZ. Glow by J.Lo, \$49.50, Kohl's



2004

Britney's debut scenta laid-back blend of anjou pear, lotus, and magnolia flower-was one of her highest achievements, not just personally but for Celebrity Fragrance-kind.

BRITNEY SPEARS Curious, \$35. Kohl's



2008

Imagine the scent of a cuddle-sesh on the beach at sunset: warm, salty, and slightly coconut-y. This smells exactly like that.

ESTÉE LAUDER Bronze Goddess, \$65. esteelauder.com

Mysteriously Sexy

So much more than a perfume... think of it as a potion.



1971

It started out as the anti-perfume. From ylang-ylang to patchouli, this aromatherapy-like scent continues to captivate those looking for something a little left of center. ${\tt CLINIQUE} Aromatics$

Elixir, \$53,

clinique.com



2011

Known for its grapeinfused skin care. Caudalie is also a secret source for an incredible fragrance. This cloudlike blend of white musk, neroli, and ginger liquor is like nothing you've ever smelled. CAUDALIE Thé Des Vignes, \$39, sephora.com



2011

Black Orchid may be the designer's most famous scent, but this one—part of the vast Private Blend collection—practically hypnotizes with a near-perfect blend of sandalwood and lush florals.

TOM FORD Santal Blush, \$215, neimanmarcus.com



2012

Forget the pearls and bouclé iacket: With Indonesian patchouli and sandalwood, Chanel went far moodier... and way sexier. CHANEL Coco Noir.

\$98, chanel.com



2015

This spring's redux of 1977's legendary Opium stays true to its Oriental roots but adds a modern flair of pink pepper and coffee.

YSL Black Opium, \$67, yslbeautyus.com





Tied Together Low ponytails are in. Use a soft, colorful

flat tie to keep yours neat and protect your tresses.

leaves your skin feeling refreshed.









Revitalize your senses with new Dove go fresh body wash and beauty bar, now in juicy mandarin and luscious tiare flower scent. Exhilarating freshness meets moisturising care to bring your shower to life.



11 NEW WAYS TO

Reboot YourSkin

FROM INFRARED LIGHTS TO SUPER-CHARGED MOLECULES, THESE HIGH-TECH **SOLUTIONS HAVE BUT** ONE MISSION: FLAWLESS SKIN.

DAMAGE CONTROL

It was 20 years ago that Shiseido teamed up with Harvard to study Langerhans cells, which keep skin strong and healthy. Finally, they've come up for air—with a 31-patent-strong serum that downplays the look of UV damage.

1. SHISEIDO Ultimune Power Infusing Concentrate, \$65, shiseido.com

CREME DE LA CREME

Makeup artist Charlotte Tilbury (Kate Moss's go-to girl) is known for mixing her own face cream-it makes tired, hungover skin glow-yfor her clients. Beta mode is over. This pro version has all the magic of the original DIY version plus a peptide complex that she calls a "push-up bra in a jar." 2. CHARLOTTE TILBURY Charlotte's Magic Cream, \$100, charlotte

LIGHT SHOW

tilbury.com

It looks like it came from Kanye's closet, but this LED mask is a total bargain. It's programmed to deliver 30 15-minute treatments. which smooth, de-puff, and brighten eyes in two weeks.

3. ILLUMASK Eye Mask Light $The rapy\ Treatment, \$30, Walmart$

GOLDEN GIRL

The faux-glow game gets easier with this clever self-tanning bronzer. While it only takes two seconds to apply-sweep it wherever you want a sun-kissed glowit imparts a believablelooking tan for up to a week.

4. VITA LIBERATA Trystal Self-Tanning Bronzing Minerals,



WOKE UP LIKE THIS

There was a time when the word peel evoked a beetfaced Samantha Jones. Today? You can fall asleep wearing one without worry. This overnight two-step peel is based on derm versions. First, apply a gentle solution of glycolic, lactic, and salicylic acids to resurface skin (the balance of acids won't leave your skin raw), then follow with a hydrating gel with echinacea extract-it gives skin's longevity proteins (aka sirtuins) a visible boost. 5. PHILOSOPHY Microdelivery

SHOWER POWER

philosophy.com

Overnight Anti-Aging Peel, \$82,

We get it: Not everyone loves body lotion—it's a bit of a speed bump in your morning routine. Rather than try to convince you to try its latest fast-absorbing lotion, Nivea created a genius in-shower moisturizer, enriched with conditioning molecules that dissolve in water. Simply apply it like body wash, rinse off, and step out feeling silkier than ever.

 $\begin{array}{l} \textbf{6. NIVEA} \, In\text{-}Shower \, Body \\ Lotion, \$8, drugstores \end{array}$



the brand's star antiaging

complex. Now it has been

added to the brand's new

velvety serum along with a

revolutionary complex that

accelerates the serum's ben-

see smaller pores and better

improves absorption and

efits even more. Expect to

texture in three days flat.

7. LANCÔME Visionnaire LR 2412

4% - Cx, \$79, lancome-usa.com

Protect & Perfect launched

blockbuster hit. The sequel

salicylic acid and a peptide

DREAM CREAM

When Boots' original

in 2007, the wrinkle-

smoothing serum was a

packs the power of the

original plus exfoliating

PUMP UP THE VOLUME
With the exception of
Miranda Kerr, most of our
faces lose those soft, lush
contours post age 25—
after that, our hyaluronic
acid levels start to decline.
To put back that bounce,
L'Oréal Paris created this
silky treatment, packaged
with sky-high levels of the
ingredient, which leaves
skin noticeably plumped.

9. L'ORÉAL PARIS Revitalift Re-Volumizing Serum Concentrate, \$25, drugstores

THIGH HOPES

We're waiting for the day when a lotion *completely* eradicates cellulite. Dr. Brandt's debut version gives

us hope. Its exclusive enzyme mobilizes fat while caffeine and green coffee extract prevent future storage. Massaging rollers boost circulation (and feel pretty good too).

10. DR. BRANDT Cellusculpt, \$59, drbrandtskincare.com

FOAM PARTY

Apply this light blue gel onto your face and watch as it becomes a tickly, cooling foam. Just like a fancy spa-inspired oxygen facial, it smooths lines and leaves skin luminous.

11. PETER THOMAS ROTH Brightening Bubbling Mask Radiance Oxygenating Treatment, \$55, peterthomasroth.com





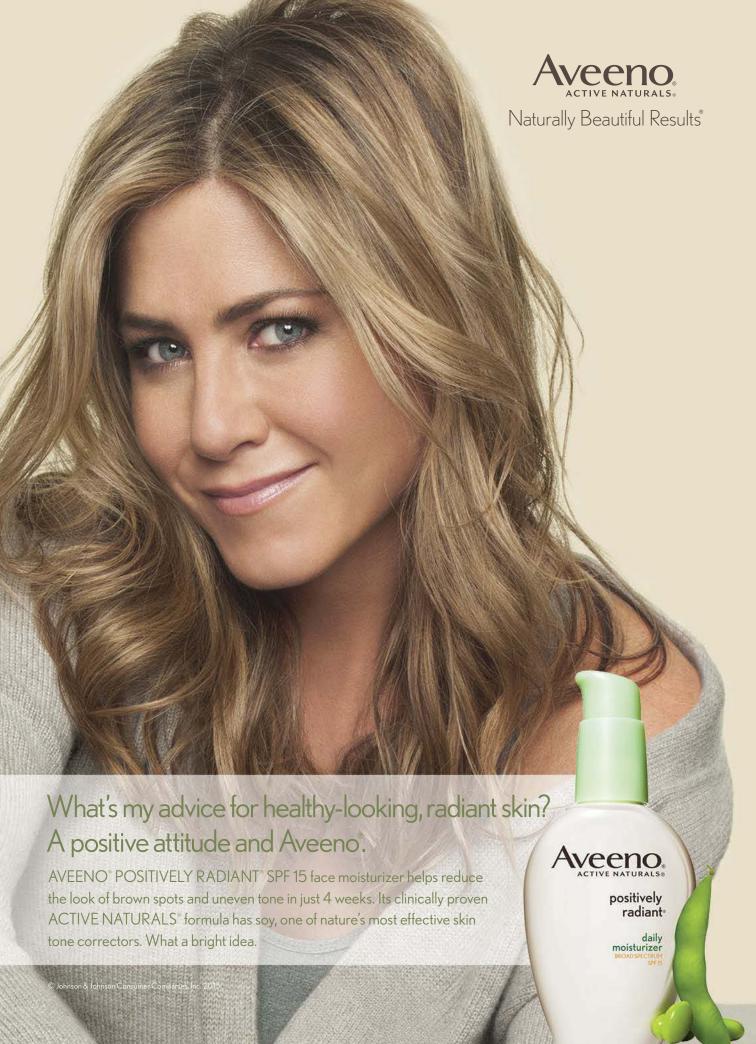
LOVE THESE PRODUCTS? ENTER FOR A CHANCE TO WIN ONE OF FIVE \$100 GIFT CARDS AT COSMOPOLITAN.COM/ULTA (SEE PAGE 243 FOR RULES) JEFFREY WESTBROOK/STUDIO D. STYLIST: SARAH GUIDO-LAAKSO/HALLEY RESOURCES.



#1 Dermatologist Recommended Skincare

Neutrogena

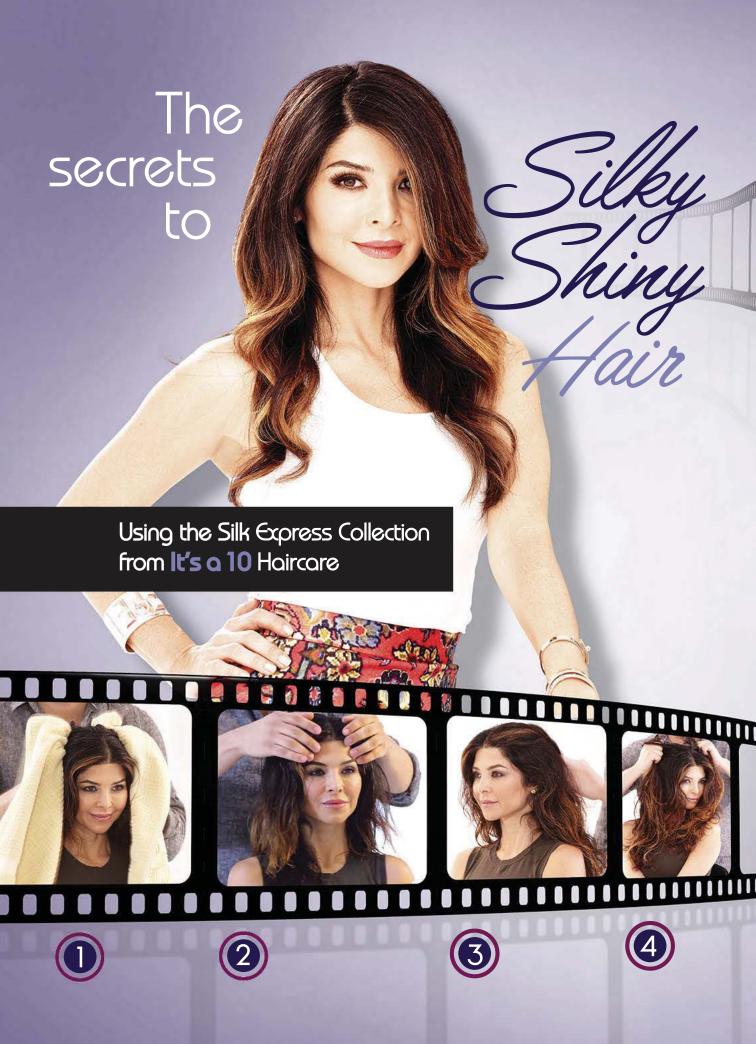




BEAUTY AWARDS ALL THIS FOR UNDER \$50 Dynamic Duo Brightening Base ESSENCE 3D Eye Shadow in Irresistible Choco OLAY Total Effects Pore Minimizing CC Cupcake and Irresistible Vanilla Latte, Cream, \$9 for 20 m \$3 each, Ulta drugstor In the Nude COVERGIRL Colorlicious Lipstick in Honeyed Bloom, \$6, drugstores Strand Saver Liquid Gold 0GX Moisture + Vitamin B5 MILANI Fierce Foil Nail Weightless Oil Mist, \$8, Ulta Lacquer in Milan, \$4, CVS Magic Stick FLOWER BEAUTY
Glisten Up!
Highlighter
Chubby in Honey
Bronze, \$10,
Walmart Draw the Line Glow Getter WET N WILD Color E.L.F. COSMETICS Icon Kohl Studio Bronzer in Golden Eyeliner Pencil in Don't Leaf Me and Taupe of the Mornin', Bronze, \$3, eyeslipsface \$1 each, drugstores

JEFFREY WESTBROOK/STUDIO D. STYLIST: SARAH GUIDO-LAAKSO FOR HALLEY RESOURCES





STEP 2 MIRACLE SILK HAIR MASK

With help from the collection's signature silk ingredient, eri, this mask instantly detangles hair, imparts silkiness and locks in moisture. Just work into hair for one to three minutes after shampooing, then rinse.



This time-saver in a bottle will literally cut your drying time in half. For vibrant and voluminous hair, apply after mask all over hair then rinse thoroughly.

STEP 4 MIRACLE SILK SMOOTHING BALM

Detangle and lock in that silky look by applying this balm to wet hair after conditioning.

STEP 5 MIRACLE SILK LEAVE-IN

For the ultimate frizz-free, voluminous look, nourish your hair with this restorative, styling leave-in treatment and benefit from silky, shinier hair and strengthened strands.

STEP 6 MIRACLE SILK INTENSIVE HAND CREAM

For equally smooth and silky skin, massage this soothing cream into your hands to reveal a younger, healthier and more revitalized appearance.









To watch behind-the-scenes footage of how to create this look and more, visit Itsa10Haircare.com

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THE YEAR'S UNRIVALED

#Empties

THEY'RE AN OBSESSION ON TWITTER, INSTA...AND AT COSMO! HERE'S WHAT SENDS OUR EDITORS SPRINTING TO RESTOCK.

FAVORITE HYDRATING LIP COLOR

"It's hard to find a lipstick that doesn't burn my supersensitive lips. So far, so good with Rouge Coco."

- -Joanna Coles, Editor-in-Chief
- ${\bf 1.\,CHANEL}\,Rouge\,Coco\,Hydrating$ Lip Colour in 11 Legende, \$36, chanel.com

FAVORITE PERFECTING POWDER

"Hands down, the fastest, easiest way to get the flawless, semi-matte skin finish I crave.' -Loni Venti, senior beauty editor

2. MAC Cosmetics Studio Fix Powder Plus Foundation, \$27. maccosmetics.com

MAKEUP REMOVER

"I was plagued by minor eye infections until I started using this nightly. Cured!"

- —Leslie Yazel, executive editor
- 3. NEUTROGENA Oil-Free Eye Makeup Remover, \$6, drugstores

FAVORITE **GO-TO VARNISH**

"Not quite black, not quite purple, this moody classic is my signature mani-pedi shade."

- -Lauren Balsamo, beauty assistant
- $\textbf{4. OPI} \ Nail \ Lacquer \ in \ Lincoln$ Park After Dark, \$9.50, ulta.com

FAVORITE MANE MULTITASKER

"It does everything: acts like a leave-in conditioner, tames frizz, gives freshly washed hair second-day sexiness. And the scent is beyond." —Leah Wyar, executive beauty director

 ${\bf 5.\,ORIBE}\, Supershine\, Light$ Moisturizing Cream, \$49, oribe.com

FAVORITE **EVENING ESSENTIAL**

- "Sometimes before bed, I just wash my face and slap on this oil. Crazily, the results are usually the same as my normal 10-step bonanza." —Jessica Matlin, deputy beauty editor
- 6. KIEHL'S Midnight Recovery Concentrate, \$46, kiehls.com

BREAKOUT BANISHER

"The blend of charcoal, clay, and tea completely zaps blackheads. I budget 15 minutes for the mask and an hour for gaping at the results." —Deanna Pai, senior associate beauty editor

7. GLAMGLOW Supermud Clearing $Treatment, \$\bar{69}, sephora.com$





Easily cleanse and hydrate

Apply a generous amount of cleanser to a cotton pad and wipe all around face and eyes for instantly fresh, hydrated skinno rinse required.

Experience the hydrating power of Micellar Cleansing Water today!





SENSITIVE SKIN EXPERTS

MANUFACTURER'S COUPON | EXPIRES 6/15/15

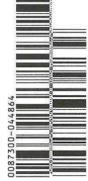
on any ONE (1) Simple® Micellar Water product (excludes trial & travel sizes)



#testthewater

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Sensitive skin deserves a perfect cleanser.

Gentle yet effective

• Removes make-up

Instantly hydrates

Unclogs pores

No need to rinse





Simple micellar water is especially designed to give a **gentle yet effective cleanse.** Its clever micelles actively work together to attract make-up, lift up impurities, leaving skin thoroughly cleansed, refreshed and hydrated.





STILL WORRIES SEEM SHALLOW.

THEY CAN BOOB JOB" as a Lecturer at a University, I work among some incredibly bright

women. But on one issue, they continue to surprise me. When we were discussing a research project about plastic surgery and the conversation led to implants, I was stung by the snarky remarks, giggles, and eye-rolls from some of my most highly educated peers. That's because I have breast implants.

I didn't speak up. I realize that keeping my implants a secret means I'm condoning their prejudices, but I'm worried they'll think I'm a flake if I come clean. (In fact, I'm writing this under a pseudonym.) But the truth is, I love my implants. And getting them was one of the best decisions I ever made.

Since age 16, I'd wanted bigger boobs—I equated them with being a woman-but a padded bra was as far as I'd go. A boob job seemed like something for a different type of woman, a celebrity or someone more showy. At the same time, I was aware the procedure was becoming more common. In fact, from the time I moved from middle school to high school, its popularity had more than doubled, according to the American Society of Plastic Surgeons.

But I was conflicted. Would implants betray who I really was? I had been teased over being flat-chested as a teenager, but I was also made fun of for being a bit of a weirdo and too artsy and I didn't want to change those things about me. Wishing I had bigger breasts made me feel guilty, like I was agreeing with people who had put me down.

I also worried I was feeding into a culture that connected self-worth with full breasts. Raised to value brains over looks, I could acknowledge the beauty in other women of all shapes, yet I now found it nearly impossible to see my own body with the same accepting eyes.

Looking back, I realize I was starting to become a feminist. Funny, because I absolutely didn't consider myself one back then. To me, the label evoked manhaters who wore cargo pants and liked Ani DiFranco, but over the years I realized that feminism is just about equality and choice. This definition is far more appealing, which may explain why even celebs like Beyoncé, Emma Watson, and Harry Styles (yes, Harry Styles) are waving their feminist flags.

The inner debate went on for years, yet at 24, the side of me that wanted bigger boobs won out. That year, I jumped from an A to a C.

The results were amazing. I felt one hundred percent sexier, and my husband is a big fan of them (to say the least). As time went on, I realized that my decision didn't clash with my feminist values at all—I'd made the right choice for me.

I recently read Roxane Gay's brilliant book Bad Feminist. Gay writes, "Feminism is flawed because it is a movement powered by people and people are inherently flawed." So perfectly stated: A list of rules won't help anyone feel more empowered or beautiful.

I still have mixed feelings about getting implants, and it's obviously still not a decision I want to share with everyone. Yet I'm proud to be a feminist—one who happens to have really good boobs.

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¹/₄ **CUP VEGGIES** frisée, arugula, cucumber, or tomato

1 T EXTRA FLAVOR cilantro or jalapeño —JUNO DEMELO SOURCE: MARISSA LIPPERT, RD PICNIC TIME

The 3 Rules of Day Drinking

Fill a small glass with ice. If people pour alcohol into an empty glass (especially a wide one), they're more likely to overserve themselves, studies show. The first step to not getting wastey-face is not having two drinks when you meant to have one.

Add bubbles. Making your sipper a spritzer (half booze, half seltzer) is an easy way to slow consumption, since carbonation may fill you up. It's also a healthy alternative to caloric, sugar-laden cocktails from premade mixes, like margaritas. Tequila + lime juice + seltzer = yes!

Sub in agua. For every alcoholic beverage, have a water. One drink is also generally the amount the body can metabolize in an hour. Barbecues and beach days are marathons, not sprints.

—DANIELLE MCNALLY SOURCE: WILLIAM KERR, PHD, ALCOHOL RESEARCH GROUP



They Made a Better Veggie

Crossbreeds aren't just for puppies. These new produce novelties (all available at most Trader Joe's and Whole Foods) are tastier than—and just as nutritious as—the originals.

RAINBOW CARROTS

orange carrots + red, yellow, and purple varieties

These heirloom veggies' hues come from different nutrients—lycopene (red) for heart health, lutein (yellow) for strong eyes, and anthocyanins (purple) for antioxidants.

THOMCORD GRAPES

thompson grapes + concord grapes Sweet like concords (think jelly) but seedless and not as tough, the fruit has tons of antioxidants to support the cardiovascular, immune, and nervous systems.

KALETTES

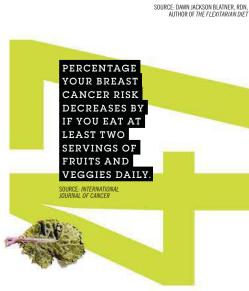
kale + brussels sprouts
Also called kale sprouts, this
golf ball-size hybrid is hearty and leafy,
spicy yet sweet, and loaded with
vitamin K (good for blood and bones)
and free-radical-fighting vitamin C.

BROCCOFLOWER

broccoli + cauliflower

Packed with vitamin C, the nutty combo is sweeter than either edible on its own. It's also high in folic acid.

—MARISSA GAINSBURG





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This summer, officials at the Pacific Crest Trail are expecting an influx of *Wild*-inspired hikers. Whether you prefer an epic journey or just a walk in the woods, here's how to have a top-notch trek.



Test Your Gear

"If you don't know how something works, it's useless. Do a trial run of everything, from fire sticks to your pack and shoes, in a safe place," says Dorothy Brown-Kwaiser, a ranger for the Oregon State Parks.

Share Your Plans

"Tell people what trailhead you're starting at and what time you'll return—especially if hiking alone—so a friend knows where to send help if you're not back on time," says Liz Bergeron, director and CEO of the Pacific Crest Trail Association.

Ditch Cotton

Wear a quick-drying, performance—fabric base layer that won't chafe. Top it with a merino wool longsleeve; it's breathable and warm even when wet, so you'll be okay if it rains.

Stock Up on Food and Water

"A good rule of thumb is one pint of water for every two hours or four miles, and one and a half pounds of food per day," says April Sylva, who hiked the entire 2,663 miles of the PCT and even got married there. Pack protein bars, jerky, nuts, and dried fruits, plus extra H₂O or Aquamira Water Purifier Tablets (\$8.50 for 12; aquamira.com).

Mind Your (Trail) Manners

"When you encounter other hikers on a narrow trail, the person going downhill should stop and let the one going uphill pass," says Bergeron.
Also, the "Leave no trace" adage means take all trash with you—even natural things like apple cores and orange peels.





TRAIL SNEAKERS Hiking boots are heavy—in fact, they can tear up your feet. Opt for sturdy trail runners, like these Brooks Cascadia sneakers (\$120, brooksrunning.com), instead.

NOW, FIND A TRAIL CHOOSE YOUR OWN ADVENTURE (SEARCH BY MILES OR TERRAIN) ON TRAILLINK.COM. OR TAKE A VIRTUAL HIKE THROUGH THE GRAND CANYON, YELLOWSTONE, OR GREAT SMOKIES AT NATUREVALLEYTRAILVIEW.COM.





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Bathing suits, crop tops, and short shorts are calling your name. What do you want in order to rock them? Rounder shoulders, a narrower waist, and a perkier booty! When do you want 'em? Now! To get a bangin' bod before Memorial Day, do these moves, designed by NICHELLE HINES, trainer to Naya Rivera and chief ride officer at CycleHouse in L.A. Just like the weather, you'll be hotter in no time.

BY DANIELLE MCNALLY

2 HOURGLASS ABS
Stand with feet wider than shoulderwidth apart, feet turned out 45 degrees, and hands behind head. Bend knees to do a deep plié. Lean to your left, bringing left elbow to touch left knee. Come back to center, then repeat on opposite side. That's one rep. Continue, alternating sides, for 20 reps. Do three sets.

ADD A LITTLE EXTRA On the last rep of each side, hold your elbow near your knee for as long as possible (aim for 30 seconds) to really get those obliques firing.



TANK, Splits59, \$74, splits59.com.

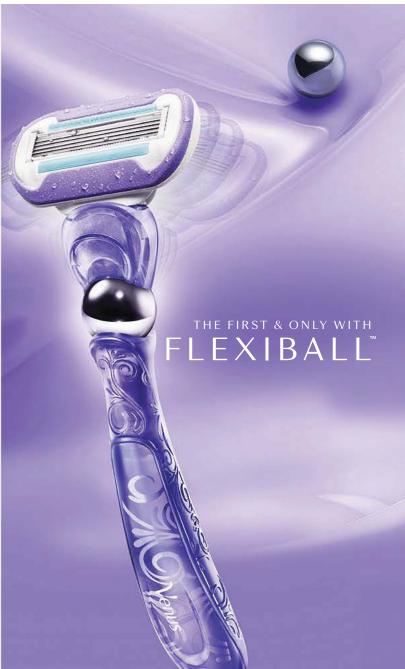
PANTS, Lucas Hugh, \$335, lucashugh.com.

SHOES, Under Armour, \$80, ua.com.

WATCH, Swatch, \$65, Swatch stores

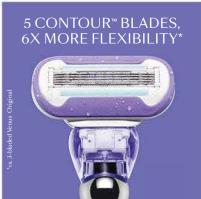
NEW Sillette Suirl Suirl



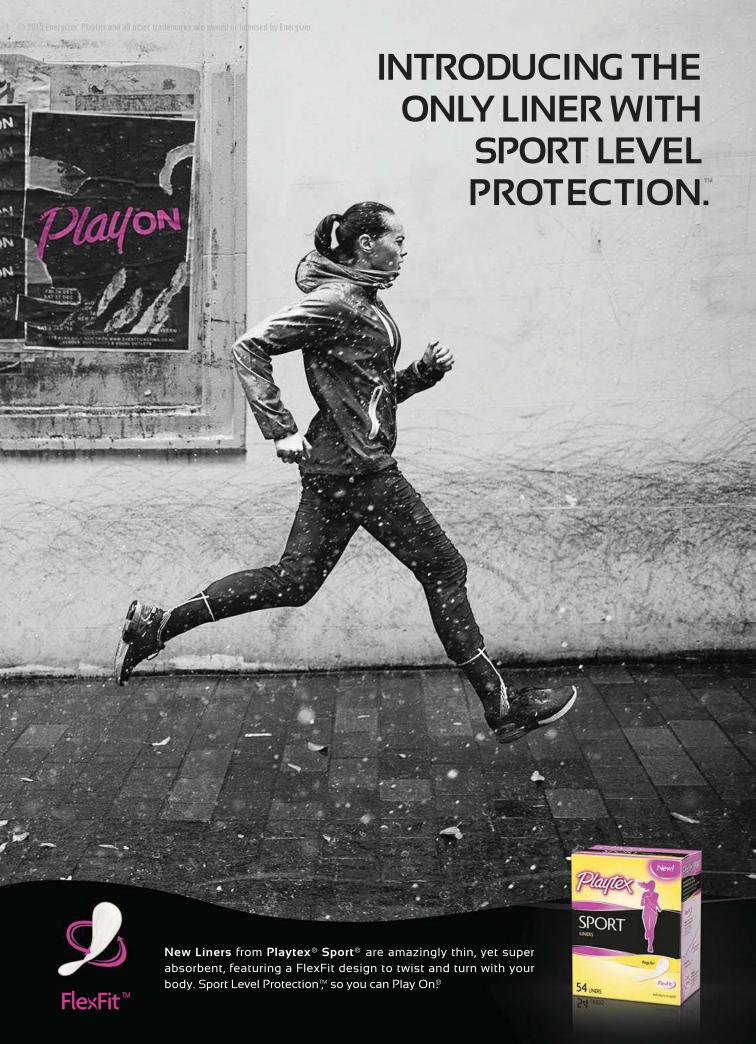




THROW YOUR CONTOURS A CURVEBALL.







WORKOUT

🔰 STRONG SHOULDERS Stand with feet hip-width apart. Bend over and walk hands forward until you are in a downward dog (or pike) position. Bend elbows, bringing forehead toward floor. Straighten arms. Do three sets of 15 reps.

WANT A CHALLENGE? Instead of keeping feet on the floor, from downward dog, step soles flat against a wall. With no wiggle room, the move is 10 times harder.



MERMAID ARMS Lie on your right side, right hand on left shoulder and left hand flat on floor in front of chest, elbow bent. Straighten left arm, lifting torso off the floor. Lower. Do 15 reps, then switch sides to complete set. Do three sets.

WORK YOUR WHOLE BODY Make this a total-body toner by lifting legs a few inches off the floor and pulsing them up an inch and down an inch 10 times at the end of each set.

Be sure to do it on both sides!

UNDER-BUTT Stand with feet hip-width apart with arms at sides and palms facing forward. 1 Bend left knee, then extend left leg in front of you to hip-height. 2 Reverse motion and extend left leg to hipheight behind you, lowering chest toward floor so that body is in a straight line from head to heel. Do 15 reps, then switch sides to complete set.

MUSICAL INSPO Cue up a playlist featuring tunes by women whose bodies you admire. Nichelle likes "Booty," by J.Lo, and Beyoncé's "7/11."

Do three sets.







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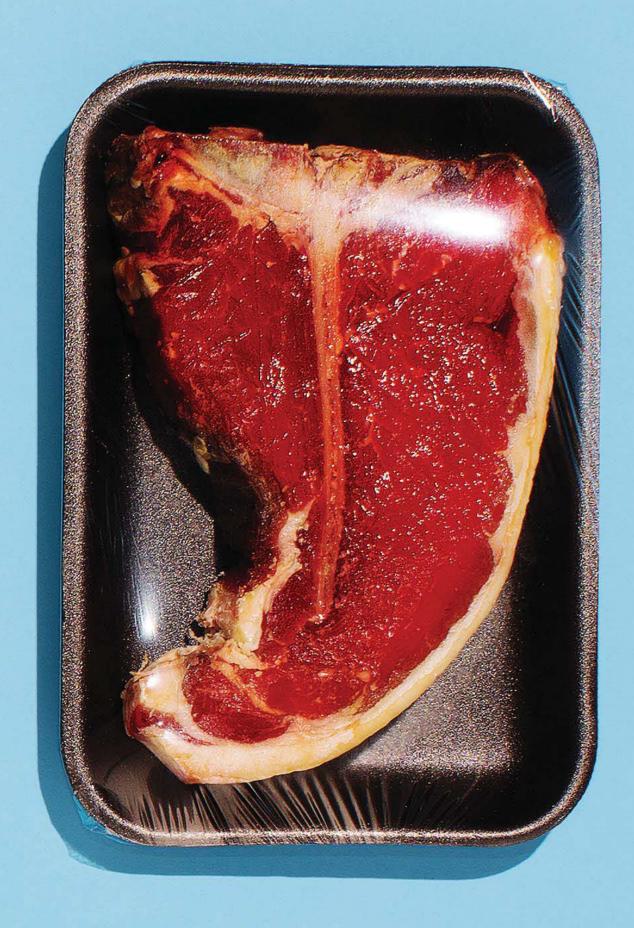














MY HANDS SMELL LIKE RAW_ MEAT.

This started on Tuesday, when I made my family turkey burgers, innocently patting them with my hands. And here I am, on Friday, and my hands still smell like meat.

I've washed and washed. I've Purelled. I've citrus-scented Purelled. I've bathed several times, more than enough to wash

away any remaining meat. As the days go by, the smell is a little stronger, a little more rotten. And me? I'm lifting my hands to my nose, my hands to my nose, my hands to my nose. Confirmed, confirmed, confirmed.

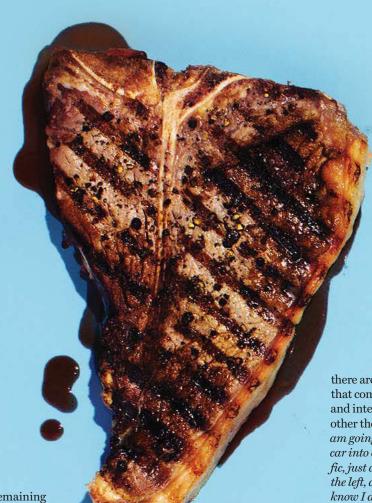
I try to be logical. When the thought materializes, I hear the morbid absurdity of the science-fictionscary words in my head (you are rotting from the inside, and $nobody\ can\ smell\ it$ but you). And that's when I understand what is going on. Ah, I tell myself. It's my OCD. Right. Of course it is.

In the years since I was first diagnosed with obsessive-compulsive disorder—age 11, unable to sit in our living room because the sight of the couch cushions not aligning turned me sweaty and bug-eyed—I have spent much time distinguishing between what is real and what is an invention of my malfunctioning brain. That I could taste the listeria in a cantaloupe, that I could feel the fecal germs left on the door handle of the public restroom were maybe not things that were going on outside my mind in what others call reality.

It forces me to exist in a fuzzy cloud of half reality, to be in constant conversation with myself, relying on me—already with some faulty wiring, the irony!-to reassure me when I'm unsure of what is and what isn't. OCD is sometimes concern that I will hurt someone by accident. I considered this a minor trick the disorder played on me until I had kids and I became sure that I would drop them or stab them with the knife across the kitchen. It is sometimes concern that spores from the tissue you used and threw away will magically wander into my nose, which is two yards away. It is concern that God will punish me if I don't lock the door three times. It is the sudden belief that I have a (and then

there are the thoughts that come in like this and interrupt the other thoughts, like I am going to drive my car into oncoming traffic, just a few inches to the left, and no one will know I didn't do it on purpose) blood disease. It is the smell of meat on my hands. OCD takes any shape at any time. The only guarantee is that it usually won't make sense and I will never have seen it coming.

So I concede my hands probably don't smell like meat. But when I put them up to my nose to check if this acknowledgment has made the hallucination disappear, it hasn't. I go to Target, do a quick edit on a story I'm writing, make spaghetti, overcook the spaghetti, go to a Zumba class my friend is teaching that I sort of don't want to go to but you have to show up when you say you will. I go about my day, certain of two things: that I am



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SKIN ACCUMAX has made a huge difference to my complexion, I've received at least 5 compliments this week alone! People are really starting to notice and I'm SO happy. It has boosted my self esteem and I can't thank you enough. -Katie

Unretouched photo using jane iredale mineral makeup. Katie now takes two capsules per day. Results may vary.

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definitely not rotting from the inside and also that I absolutely, positively, without a doubt, am.

"TO UNDERSTAND OCD, LOOK AT THE WORDS THEM-SELVES," psycho-

therapist Tom Corboy, executive director of the OCD Center of Los Angeles, tells me. "Obsessions are repetitive, intrusive ideas, mental images, or impulses. Compulsions are repetitive behaviors one does to decrease the anxiety created by obsessions." Which is a good way of explaining it.

So my obsession right now (the scab I have, which is a scrape, is actually cancer. I know where I got the scrape, but now I also think it's skin cancer, so) is that my hands smell like meat. I am doing two compulsions to deal with it. I am smelling my hands, which is called a checking behavior, done to confirm an obsession. And I am washing my hands, which is called a compulsion, meant to get rid of an obsession.

Exactly why OCD happens, science is puzzling out, but it's probably a complex genetics/environment smoothie. Onset typically happens before

age 25, and it tends to run in families. People say that it is often a traumatic eventa death, something that made you feel real danger for the first time-that triggers symptoms. There is also evidence that the brain structure or blood flow might be subtly different in people with OCD, savs Ben Greenberg, MD, PhD, professor of psychiatry and human behavior at Brown University. But he adds it's unclear if these differences cause OCD or are due to its symptoms.

There are 2.2 million Americans living with OCD, half of them women, and so there are 2.2 million ways that OCD manifests. OCD is squishy that way. It's classified as its own disorder, but you rarely see it alone. Instead, think of it as the center of a Venn diagram. The other disorders that overlap it are depression, mostly, but also generalized anxiety, bipolar disorder, body dysmorphia, some



eating disorders, phobias, tics, Tourette's syndrome, and skin picking and hair pulling. I've dealt with both of those last two, plus anxiety.

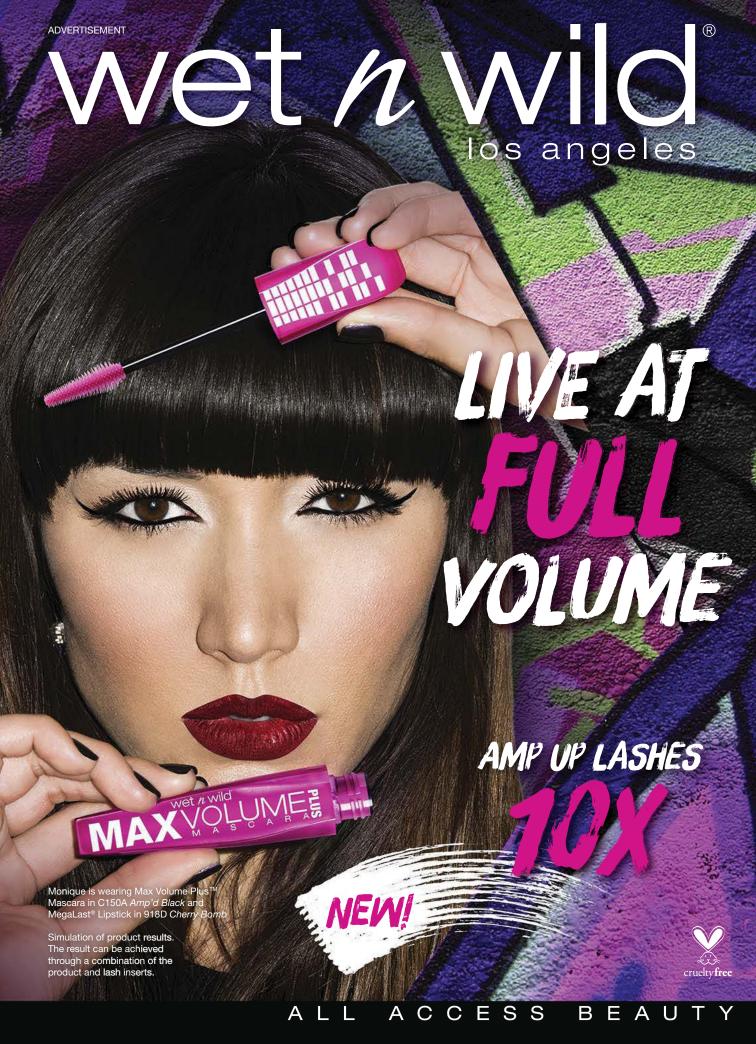
The people who have it worse than I do can't write articles about it. Like the man I met who couldn't leave his bathroom for days because he was sure there was still shit in his colon that he had to get out, or the woman I spoke to who wouldn't go near her niece because she was sure she'd accidentally molest her, even though she has no pedophiliac instinct whatsoever. There is the woman who got in trouble for using too many office supplies-she had to throw out the

envelopes she was addressing because of an almost imperceptible shift in her handwriting. And of course, there are the seemingly endless ways OCD can interfere with your sex life: preoccupation that you'll get pregnant, fears of contamination, not to mention the lower sex drive associated with depression, anxiety, and many of the drugs used to treat them.

OCD exists on a spectrum. There are people like me, gritting their teeth and talking themselves down. And there are people who can't leave their homes. Believe it or not, how severe your OCD is considered is not based on how weird or scarv your obsessions are but on how well you resist your compulsions, says Corboy. The difference between someone with OCD and someone who merely has weird thoughts is that the person without OCD is able to say, "Wow. That was a weird thought," and move on. Moving on is not always the elegant thing we hope it is.

Yet somehow, between that Jack Nicholson movie vears ago and plotlines on Glee and Girls, OCD became a badge of adorableness. "I am so OCD about cooking," says a friend. What she means (punch her in the face and then lick her nose) is that she's meticulous, that she's upset when she puts in a pinch of salt when the recipe calls for a dash. Sure, she would have preferred to get the recipe right, but when she didn't, she didn't throw out her batter. She didn't wash the dish and start over. She didn't go into a set of completely unrelated rituals that took up time and peace of mind from her already fraught day. To associate OCD with a sort of anal-retentive behavior pattern is to totally miss the point. This isn't about perfectionism. This is about illusion.

We don't all have a little OCD. And I don't know why we want it. It's hard to see a monster you battle every day reduced to





an adorable manicpixie-dream-girl quirk that people seem eager to fake for some neurotic cred. (This excludes Lena Dunham's portrayal in Girls. When I saw her stick a Q-tip into her ear so that she could finally, finally get at whatever it was she knew was in there. I wanted to weep with relief at having been seen and known.)

I was in a store with a friend once and we passed a novelty cutting board that was actually called the OCD Chef Cutting Board, with precise lines for measurements. "You should get this," she laughed.

"I don't cook," I told her and walked ahead to another aisle.

I would lick the inside of my wrists, just a quick flick. One day, that need simply ended, and I now had to scrape the top of my shoes against the sidewalk, evenly, on both sides.

People around me noticed my compulsions and made fun of me. So slowly, I found things I could do with no one looking. I count my teeth with my tongue. I cross and uncross my toes inside my shoes. Whatever it

convinced that unless I said the traditional Jewish bedtime prayer, Shema, for every single member of my extended family, they would die. I said this prayer every night for everyone from my parents and sisters to my great-uncle Jack, whose last name I can't remember and probably never knew, to my grandmother's sister whom I'd only met once. I'd say it for a total of 21 relatives; it took about 45 minutes. It never once occurred to me that I have very little power to affect change in the universe, even when Uncle Jack did die. A cousin had married by then, and I had already started saying it for her new

husband.

with my mother. Nothing happened in the movie. The movie was a comedy. Suddenly, though, I became convinced that anything I touched without prophylactic coverage would rip open my skin. The movie ended, and I got in a cab, putting my sleeves over my hands to pay and open doors, got home, and called in sick. That weekend, I hosted one of my best friends'

bridal showers at my

apartment with socks

When I was maybe

22, I went to a movie

over my hands. At my disorder's most insidious, I would count words in sentences and only end a conversation when the person I was talking to ended her conversation with an odd number of words. I would keep her talking until she did (in a fix, saving "good-bye" did the trick, since the usual response-"Bye"—is one word, and the second most common—"See vou later"—is three). It's exhausting, but it's much scarier to imagine not doing it.

At some point in my teen years, I was able to count the number of words that ended in "e" contained in any sentence. Oddly, I don't think I could do that now if I tried. The needs come on like superpowers and with them an ability, and they leave the way Superman's did when he went into the ice booth. It's now as if I never needed to do those things; it's as if I never even could. I have long since replaced that need with a hundred others.

And yet, I swear that you'd meet me and you wouldn't know any of this. Like most people with OCD, I'm an achiever and I'm adaptive. I don't think of myself as someone who suffers very much. I handed in a draft of this story to the editor, who has known me a long time, and she couldn't square these descriptions of my inner thoughts with the outwardly goofy person she knows. I thought about telling her how many words she'd used in each sentence she'd said but thought better of it.

.

is to continue to smell them. This checking behavior only exacerbates the problem. My mind is seeking a reassurance (is my mother breathing? I have to go to my mother's house, which is an hour away, right now, though it is the middle of the night, to make sure she's breathing) that no number of facts can offer. By continuing to raise my hands to my nose, I am legitimizing my obsession, something I know better than to do.

This I've learned in cognitive behavioral therapy, and it is by far the most recommended approach to dealing with OCD. Doctors often prescribe exercise too, although they aren't quite sure why it works, and antidepressants. Dr. Greenberg has been a pioneer of brain surgery, involving the insertion of a kind of pacemaker that sends electrical pulses to affected areas. However, medication and surgery are not substitutes for cognitive behavioral therapy. They are, instead, ways to control the symptoms, like intense anxiety, enough so the patient can learn the therapy.

How it works: The minute I think my hands smell like meat. there's a brief moment when I try to stop the thought and understand that it is a fiction. Do my hands smell like meat? No. I made those burgers days ago. Am I rotting from the inside? No, that's not something that hap-

pens. Each time the thought occurs to me, I challenge it like that. I call it clicking override. I don't, as you'd suspect, try to prevent myself from thinking about meat. I just try to change the nature of the thought. Most of all, I try to stop smelling my hands.

In cognitive behavioral therapy, no respect is given to the obsession. No attempts are made to figure out if I had a traumatic experience with a hamburger as a teenager. The obsessive thought is a fly that must be swatted. My cognitive behavioral therapist, whom I began seeing in my 20s and still visit when I have flare-ups, is interested only in tuning me up, reminding me how to confront these problems when they are bigger than I am. She asks me to figure out whether the thoughts I'm having are the truth, and she encourages me to distance myself from them by realizing they're blips in my imagination.

"The worst thing vou can do is wonder what these thoughts mean," says David Barlow, PhD, professor of psychology and psychiatry at Boston University. That they might say something about you-other than the fact that you have OCD—is not an idea worth exploring. It's

just a misfire in your brain, a false alarm.

Can we stand that something so prevalent in our brain is just a malfunction? That our suffering means nothing? I don't know. Maybe it's better than it meaning something.

I take my 3-year-old to a concert. We're sitting outside in the shade, he on my lap, holding a plastic bag of snacks. He hands me an apple slice; he's sharing. I put it in my mouth and notice something. My hand doesn't smell like raw meat anymore. I allow myself one deep sniff. It's true: The smell that was never there is gone.

In the time since my hands smelled like meat, I've written two stories, performed terrible Neil Diamond karaoke, laughed so hard at a Baywatch rerun with my best friend that I thought my bladder would burst. I've danced at a wedding until I sweat through my tights. I've stopped at a red light, realized my husband was right next to me, and driven with him down the suburban street, drag-race style.

I've been fine. I am fine. It's just, god, when it finally lifts, you can feel how much lighter you are and, before it becomes heartbreaking, it is the feeling of a window open on a summer day.





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LIFE OF THE PARTY

There's an episode of *Broad City* where BFFs Ilana and Abbi go from party to party in search of "the Narnia of partyas." One party rates a 7. The next is an 8.5. They're looking for a 10. We are all, in a way, the thing that we're doing. So how do you get to turnt up? You turn up. Whether you're hosting or coasting, if you want a good time, commit. One hundred percent. Party your ass off, and Narnia will appear.



TEMPERATURE + SPA VIBE (75 DEGREES)

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+ SEXY

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MAKE AN ENTRANCE > Arrive 20 minutes late. That grace period is priceless. If you get there any earlier, you're not giving the host any margin for error. > If you're the host, make your guests feel at home as soon as they show up. Take coats, make introductions, and offer them drinks.

APPLY THE SECRET SAUCE LIBERALLY

BE STOKED TO BE THERE

Someone put in time, money, and effort to make this party happen. If you're not there to have fun, why are you there?

BE COMPLETELY PRESENT

Your IG feed rightfully demands your attention every other minute of your life, but during a party, it's best to focus on the humans in front of you.

REMEMBER THEIR NAMES

"People love to hear their own name," says party planner Bronson Van Wyck. So keep working your new friend's name into the conversation as a way to tattoo it on your brain.

HOW TO HAVE A CONVERSATION WITH A STRANGER

I'm cool showing up at a party alone. I just wander around until I find someone to talk to. But there was one party I went to by myself recently where I stood aimlessly in the middle of the room for a little too long. Another girl walked up, looked me in the eye, and said, "Hi!" Instant friends. It really is that easy. All you have to do is say hello.—H.J.



PARTY WISDOM

"Create an environment where every single person feels like it's their birthday."

—MEGHAN EDWARDS, CREATOR OF UNDERGROUND PARTY TOP40



DESIGNATE YOURSELF THE HOUSE PHO-TOGRAPHER. **GET PEOPLE** TO POSE, AND TAKE PICTURES. IT'S A GREAT, **EASY WAY TO** INTRODUCE YOURSELF TO PEOPLE. (IF YOU SHARE THE PICTURES WITH THE HOST, SHE'LL LOVE THAT.)

Let It Be Legendary

INVITE THE RIGHT MIX
Guests make a party. You want each attendee to be seriously dope.



A PURPOSE OR CONCEPT MAKES A PARTY SPECIAL. MAKE THE EXPERIENCE UNIQUE A good party makes you feel like you were a part of something that's never going to happen again.

CONSIDER EVERY ELEMENT

Details matter. Think about the greeting, the bar, where coats go. Little things make a huge impact.



Have, Just, Oceans of Booze

BUT NOT EVERYBODY DRINKS. SO MAKE A FEW OF THESE TOO

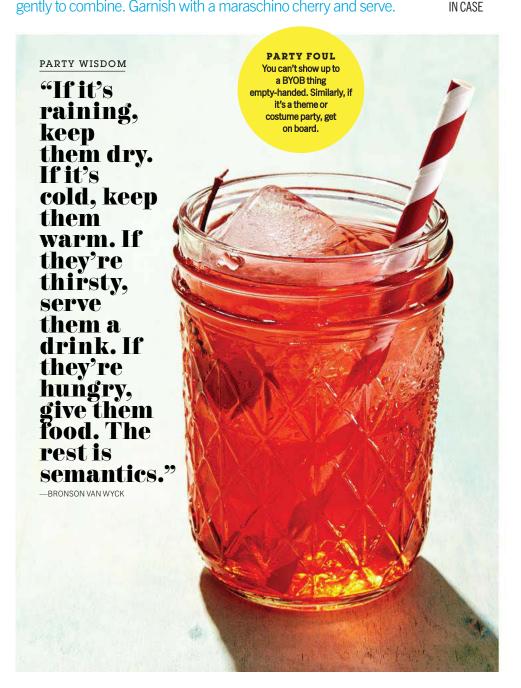
SHIRLEY TEMPLE / SERVES 1

Combine 3 ounces ginger ale, 3 ounces lemon-lime soda, and a dash of grenadine (or more to taste) in an ice-filled glass, and stir gently to combine. Garnish with a maraschino cherry and serve.



MORE JUST

HOW



POUR THIS PARTY LIBATION

RAINBOW SHERBET PUNCH

Dessert and booze? What kind of crazy brilliance is this? Try this recipe from María del Mar Sacasa's Summer Cocktails.



- (750-milliliter) bottle pineapple-infused rum. chilled (see below)
- 2 cups homemade sour mix (see below)
- cup Domaine de Canton ginger liqueur
- 2 cups club soda, chilled
- (750-milliliter) bottles brut white sparkling wine or brut rosé, chilled Ice mold
- 3 pints rainbow sherbet. or other assorted sherbets such as mango, pineapple, and lemon

PUNCH

Stir rum, sour mix, ginger liqueur, and club soda together in a punch or other serving bowl. When ready to serve, stir in sparkling wine, and slide in ice mold. Scoop all sherbet into the punch, or scoop individual portions into serving cups and ladle punch over sherbet. Serve immediately.

PINEAPPLE RUM

Infuse 1 (750-milliliter) bottle light or golden rum with 1 small pineapple, peeled, cored, and cubed.

HOMEMADE SOUR MIX

Pulse 1 cup granulated sugar, 3 tablespoons finely grated lemon zest, and 3 tablespoons finely grated lime zest in a food processor until sugar is damp and no zest strands remain. Combine sugar mixture and 1 cup water in a medium saucepan, and cook over medium heat, stirring, until sugar is dissolved. Let syrup cool to room temperature, and then stir in 1 cup each fresh lemon and lime juices. Refrigerate in an airtight container for up to one month. Shake before using. Makes 1 quart.



DISCOVER MAGNUM CHOCOLATE PLEASURE

THE ONLY ICE CREAM BAR MADE WITH BELGIAN CHOCOLATE





NEW DOUBLE
PEANUT BUTTER

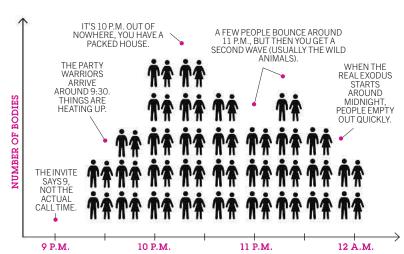


for pleasure seekers



Every Party Has a Rhythm

How the night (or day) goes from dead to bangin' and back.





DON'T START THE MUSIC TOO HARD. **EASE PEOPLE** INTO IT WITH A SLOW VIBE AND STEADILY **BUILD TO** YOUR CLUB-GOIN'-UP RAGER.

HANDLE ANY **AWKWARD SITCH**

NO ONE SHOWS UP

Act like that was the point. It was meant to be exclusive!

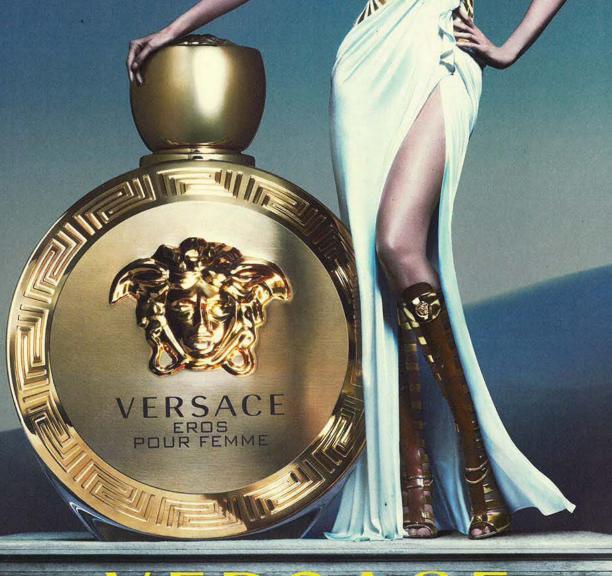
YOU BURNED THE FOOD Open windows; order pizzas.

YOUR FRENEMY'S THERE Be honorable. Say hi ASAP to get it out of the way.

YOU'VE HAD TOO MUCH Switch to water, and enlist a trusted friend as

AREYOU A GHOST? > No? Then please thank your host before you bail. Even a quick thank-you wave works. > If you need to shut this party down, turn off the music, turn up the lights, and you'll find that everyone magically wants to go home. Peace!

instant cohost.



EROS EROS POUR FEMME

THE NEW FRAGRANCE FOR WOMEN



VERSACE POUR FEMME

THE NEW FRAGRANCE FOR WOMEN



DILLARD'S

BREAK THROUGH TECHNOLOGY PERFORMANCE NATURALS

200 MOREPOTENT than their raw organic state





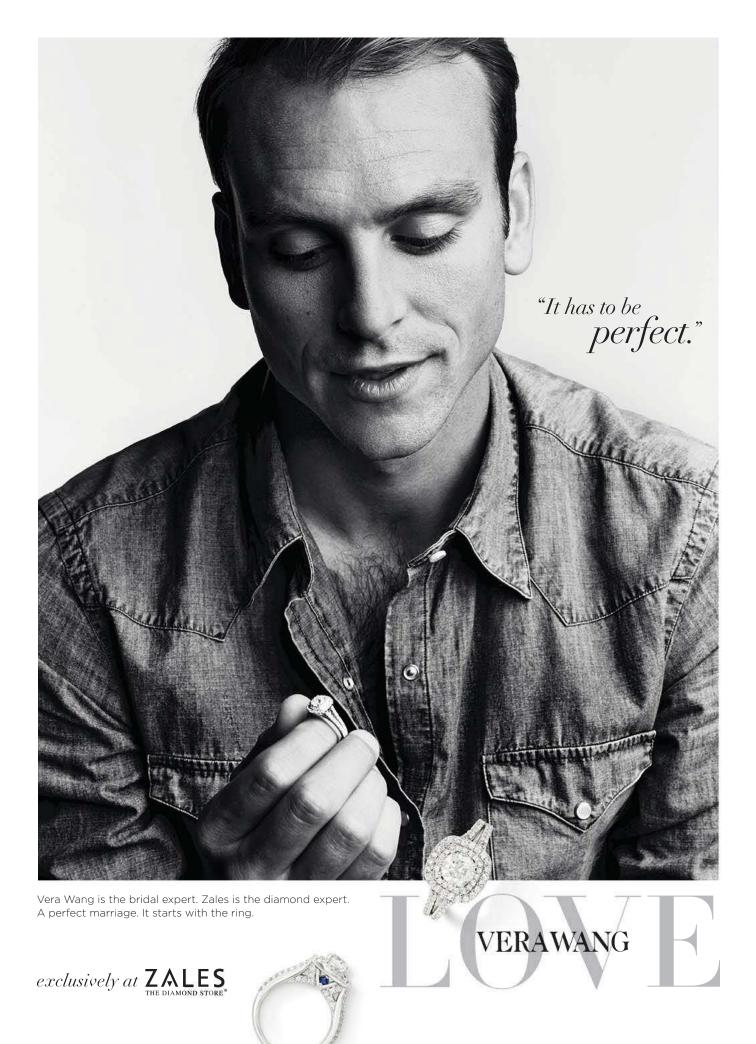


COSMO VANTS YOU!

Are you totally loving your digital edition of Cosmo? Is there anything you don't like or want to see more of? Now's your chance to tell us how you feel. Take the survey—it's quick and easy, we promise!

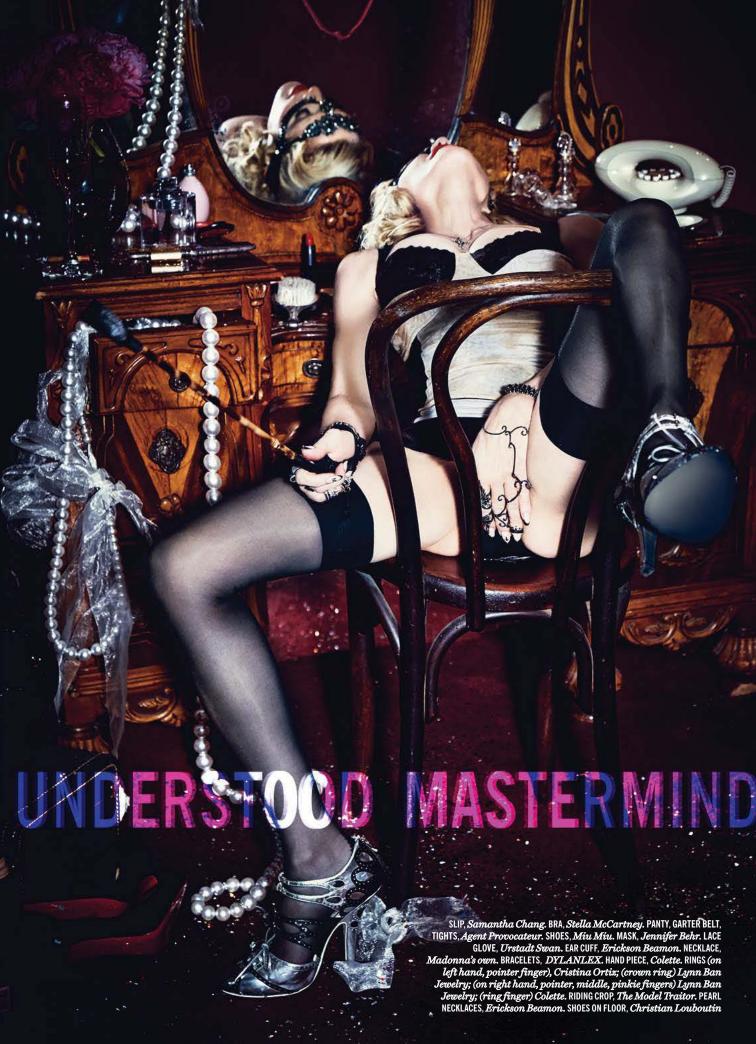
COSMOPOLITAN.COM/TAKETHISSURVEY





















1990. THOSE TWO WORDS HEADL IADONNA AS THE COVER STAR OF COSMO'S 25TH ANNIVE NOW, 25 YEARS LATER, THE ICON SITS DOWN WITH COSMO EDITOR-IN-CHIEF JOANNA COLES AND MUSIC EDI SERGIO KLETNOY TO CELEB YEARS OF POWER, PROVOCATION AND LIVING THAT COSMO-GIRL

Between Madonna's triple-wide town house on Manhattan's Upper East Side and the sidewalk stands an iron gate so formidable, you half expect to find Jon Snow and the Night's Watch on the other side. Yet no wall steel, fire, or otherwise—could prevent the leak of tracks from her latest album, *Rebel Heart*, at the end of last year. On the day of our date with Madonna, justice has been served. An Israeli man allegedly responsible for the hacking was arrested earlier that morning. Madonna, splayed on a sofa in her living room sans makeup but fully loaded in long chain necklaces and oversize rings, is rattled by the news. "Strangely, I don't feel thrilled," she says, jangling a stack of bracelets. Even here, surrounded by family photos, a library of well-thumbed books (Anne Lamott's child-rearing memoir, Operating Instructions, betrays a lot of love at its edges), and cherished paintings by artists both famous (Fernand Léger) and friend (Keith Haring), there's a sense of unease. "I'm happy he's caught," she says, "but he's been hacking into my server and the servers of people around me for more than a decade. It's a deeply disturbing violation. This is only the beginning." If we've learned anything from her Madgesty's 30-year reign, it's that no man-nor anyone or anything, for that matter—can keep her down.

Take, for example, The Fall. A month after we meet, Madonna will wipe out onstage during a live performance of "Living for Love" at the Brit Awards. The clip—a perpetual loop of the singer falling over and over again, her Armani cape ballooning like a parachute—goes viral before the show is even over. But what the six-second Vine doesn't capture is Madonna's recovery. She gets back up, she carries on, and she, well, Madonnas the hell out of the performance. Madonna (v): to persevere and provoke, to own your ambition, beliefs, and of course, sexuality. It's no wonder that among the top-10-grossing concert tours of all time, she's the lone female act—outshining and sometimes outselling The Rolling Stones and the boys of U2. "I wouldn't want a penis," she wrote in her controversial 1992 book, Sex. "I think I have a dick in my brain. I don't need to have one between my legs." Think like a man? The real key to success just might be to think like Madonna.

COSMO: LET'S TALK ABOUT THE ALBUM TITLE, REBEL HEART. AFTER 30 YEARS, WHAT ARE YOU STILL REBELLING AGAINST?

MADONNA: Don't be fooled, not much has changed certainly not for women. We still live in a very sexist society that wants to limit people. Since I started, I've had people giving me a hard time because they

didn't think you could be sexual or have sexuality or sensuality in your work and be intelligent at the same time. People still like to put women in categories—good girl, bad girl, virgin, whore. When I was starting my career, people tried to put me in a category and diminish me. Now I'm being discriminated against because I'm 56 years old, and people don't think I have the right to continue to be successful, to be sexual, to have fun. That is a kind of sexism and discrimination. No man ever gets criticized for his behavior because of his age. It's only women. So for me, the fight has never ended.

WHY DO YOU THINK PEOPLE GET SO WORKED UP ABOUT THE SEXUALITY OF OLDER WOMEN?

You can have a successful career, but eventually, it's "We want you to get married, have children, and go away." Or "We're comfortable with you if you desexualize yourself in some way, shape, or form. If you neuter yourself or you become man-like, then we can accept you." The reason I look up to women like Frida Kahlo, Lee Miller, and Martha Graham is that they did not fit into the conventional role of how a female should act. They didn't fit into what society expects a woman to do.

IT'S BEEN 50 YEARS SINCE HELEN GURLEY BROWN BROUGHT A NEW SEXUALLY LIBERATED MESSAGE TO COSMOPOLITAN. DID YOU THINK A LOT ABOUT FEMINISM WHEN YOU WERE STARTING OUT?

I didn't think about the word *feminism* as much as I thought about women who were feminists. I was influenced by writers like Anne Sexton, Sylvia Plath, Carson McCullers—women who didn't take the path most traveled. I wasn't thinking, *Oh they're feminists and I want to be a feminist.* I was just thinking, *They're strong women and I want to be like them.* I wasn't categorizing or labeling, but I was certainly grateful that they existed as role models.

AND NOW? HOW DO YOU FEEL ABOUT CALLING YOURSELF A FEMINIST?

I think humanist is a better idea. I don't like the idea of segregating. Human beings all need to be treated with dignity and honor and respect—gay, straight, bi, black, white, male, female, Muslim, Christian, Buddhist, whatever. The revolution of love is not about just pushing the rights of women, it's pushing the rights of every living creature on this planet.

DO YOU DATE—OR IS THAT JUST IMPOSSIBLE GIVEN THAT YOU'RE, YOU KNOW, MADONNA?

It's a challenge. I generally meet people through work. Musicians, writers, producers, dancers. I'm attracted to people who are creative, but I don't have a dating manifesto.

IT SEEMS LIKE NOTHING CAN BREAK YOUR SPIRIT. WOULD YOU SAY THAT'S TRUE?

That's absurd. Even strong women have moments of weakness and vulnerability. I have my nervous breakdowns; I just do them privately.

REBEL HEART

THIS ALBUM READS LIKE A WHO'S WHO OF THE MUSIC INDUSTRY—KANYE, DIPLO, NICKI MINAJ. HOW DO YOU GO ABOUT CHOOSING WHO YOU WORK WITH?

We pick one another. It was my manager's idea to work with Avicii's team. I didn't know that Tim [Bergling] was a songwriter. I thought of him as a DJ/producer, but he had two teams of writers. I would go from room to room, sitting and writing with them. I called them my Viking Harem. I don't remember how Diplo came along, but he was somebody whose music I liked a lot. He brought a whole army of people with him. I think he thought I was going to be quite difficult. He was nervous, but then little by little, all the people started getting pushed away. [Writing] is a trust game, some people you immediately have a connection with and they get your sense of humor. You click into their frequency. Other people are strangely uptight and you're thinking, $Okay\ I\ can't\ wait\ until this\ is\ over.$ Natalia [Kills], I loved her from the minute she walked in the room. And MoZella, she's a Michigan girl. I clicked with her immediately.

HOW HARD WAS IT TO HAVE SO MANY PEOPLE INVOLVED?

The whole writing process was like a train that kept running. I kept picking people up. Some people stayed on the train longer than others. They would get off at stations, and they would get on at other stations. Diplo kept coming and going. Kanye would come and go. We're living in an age when these DJ/producers are working with lots of artists. Nobody's doing entire records with anybody. So I was going crazy thinking, Can't I just have you for a whole week? Why do I just get you for two days? There was a constant battle for people who were very busy traveling. That drove me bonkers. But that's how everybody ended up getting into the mix.

YOU AND KANYE IN ONE ROOM MUST BE PRETTY INTENSE—WHAT WAS IT LIKE WORKING TOGETHER?

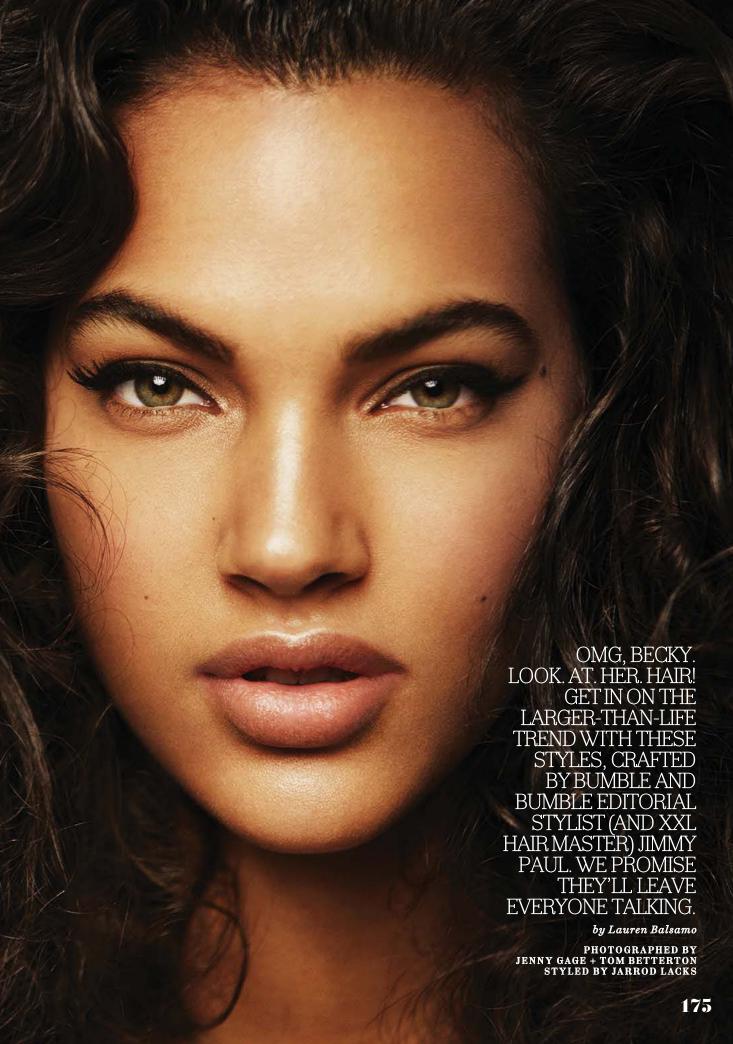
It's a little bit of a bullfight, but we take turns. He knows that he's walking into a room with a person with a strong point of view, and I do too. I listen to what he has to say, take it in, and he listens to what I say and takes it in. He knows that I have the final say on my songs at the end of the day, but I respect his opinion. We didn't agree on everything, but he has good ideas. There was no screaming match ever on this record. Actually, I may have screamed at Diplo once. But that's only because he ran out to do a photo shoot in the middle of a session without warning me [laughs].

TELL ME ABOUT THE SONG "UNAPOLOGETIC BITCH." WHAT WAS THE INSPIRATION?

It's about a guy who fucked me over. It's got nothing to do with society.





















CONFESSIONS OF A GROUPIE "Until recently, I always dated musicians. I have this fascination with being on the road, all things music, and the '70s. My favorite movie is Almost Famous. I don't date musicians anymore [FYI: Brittany is currently dating actor Tyler Hoechlin], but I still hang out creepily at concerts and venues." **ON KEEPING HER RELATIONSHIP LOW-PRO** "Sometimes if you give too much away, it loses its magic, as cheesy as that sounds. We like to keep our moments to ourselves, which is why we don't do much social media. We're not hiding anything. We're not not wanting people to know. Social media, for me, is about interacting with people who follow my career. I don't think my relationship has anything to do with my career. So we just keep it simple, try not to think about it that much, and just be us." TWERK-PLACE HAZARD "One of my favorite scenes to do [in Pitch Perfect 2] was this number where we really get dirty with our dancing. We had a month of rehearsals learning how to do things I'm just not cool enough to do in my real life. I'm a really bad twerker-I still haven't figured out how to do it. I actually hurt my back one day. I woke up the next morning and my back was completely tweaked out...from twerking." **SONG REQUEST FOR** THE BELLAS "I'm a huge rap fan-my go-to karaoke song is Coolio's 'Gangsta's Paradise.' That would be a good one."

PITCHES JACKET, Philipp Plein. PANTS, Lisette L Montreal. SHOES, HAT, Hilfiger Collection. SUNGLASSES, Mercura NYC



DRESS, Etro. BOLERO, Adrienne Landau. SHOES, Salvatore Ferragamo. CROWN, Mordekai $by\, Ken\, Borochov$







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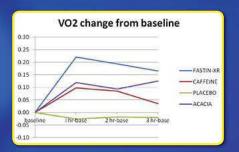




- Fastin®-RR users lost 208% more WEIGHT and 385% MORE FAT than placebo and 167% more than the Caffeine group!
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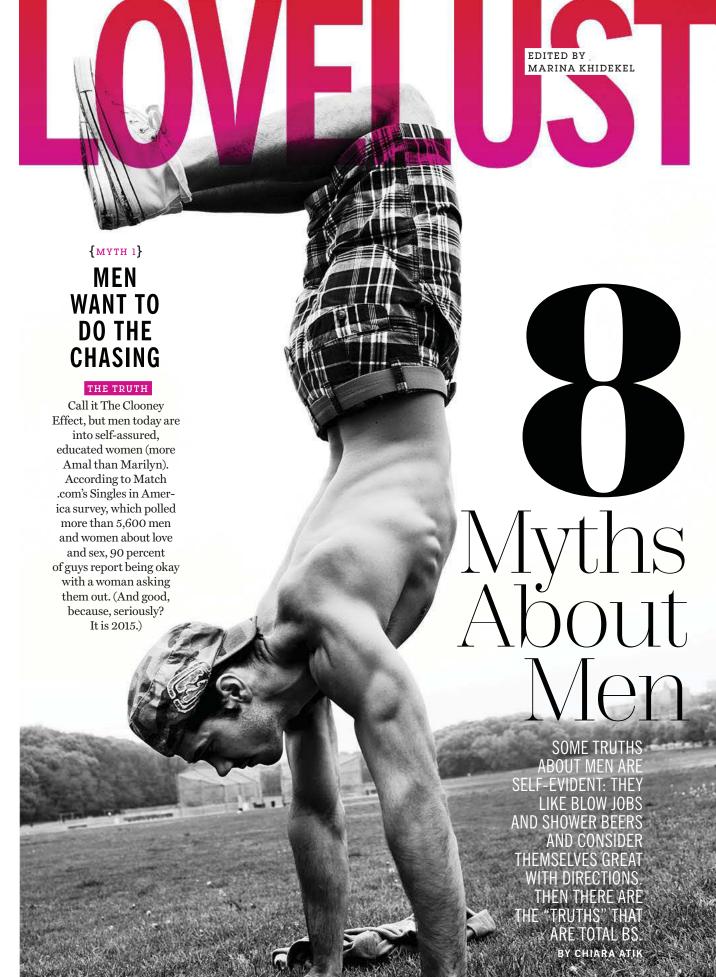
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LOVELUST



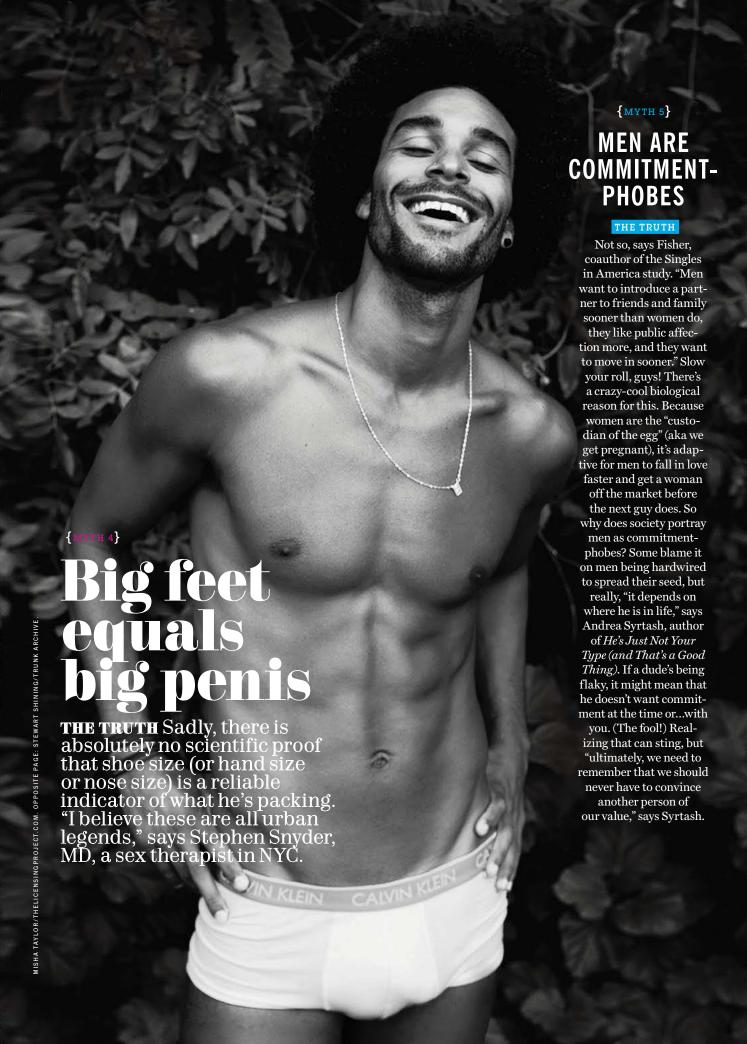
THE TRUTH

Not all men want nostrings-attached sex, and even those who do don't necessarily want just that. "Like many other personality traits—for example, extraversioninterest in casual sex varies widely among both men and women," says sex researcher Zhana Vrangalova, PhD. "Some men aren't interested in it at all. Some are interested in it during certain points in their lives." The important thing to remember is that just because a person is into casual sex does not mean he or she isn't interested in love and relationships. One doesn't preclude the other, and it's very possible to want both.

MYTH 3

Men don't have a biological clock

THE TRUTH "Both sexes form pair bonds, both fall in love, both want to have children—especially before age 40—and both want to raise them," explains biological anthropologist Helen Fisher, PhD. "Men are just as eager to do so as women."





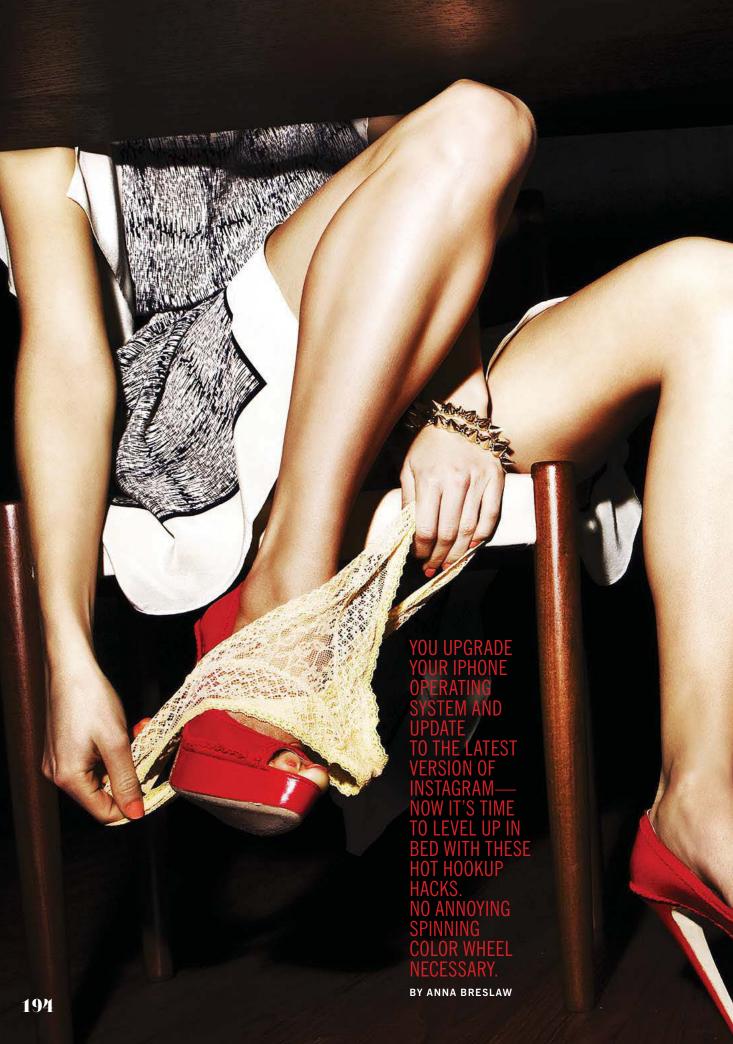


{MYTH 8}

MEN THINK ABOUT SEX EVERY SEVEN SECONDS

THE TRUTH

Thinking about sex every seven secondsthat's more than 8,000 times a day!would make men not only sex-obsessed but, like, pretty severely impaired. Luckily for us (and humankind?), the truth is much more moderate. Younger men, predictably, think about it a little more. A 2011 study of men ages 18 to 25 recorded almost 19 times a day. Which is still way, way less than 8,000. (Whew!)



YO tame.

LOVELUST

8 TEXTS THAT =**FOREPLAY ALL DAY**

9 A.M. "Can't focus on work. Already obsessed with seeing you tonight."

NOON "Hey, remember that time we [insert salacious memory herel?'

2 P.M. "So...what's your fave part of my body to touch?"

4 P.M. "I'm so distracted at work, and it's all your fault."

6 P.M. "Next time I see you, once isn't gonna be enough."

7 P.M. "I'm lying in bed in just my panties. What would you do if you were here?"

9 P.M. "Well, I guess I'll just have to take care of myself."

9:05 P.M. "Oh, you're outside the door? Be right there!"

Upgrade Your Naughty Toy Drawer HOTTER The 2015 way

HOTTER HANDCUFFS

The 2015 way to kinkify a standard bang sesh: electric sex. The finger pads are your clit's BFF, featuring both regular vibration and gentle electrostimulation. How Fifty Shades of you!

HELLO TOUCH X. \$145. jimmyjane.com

BETTER BULLET

Meet the Ariana Grande $of toys: small\ and\ adorbs$ but packs a serious punch. The twist? It comes with a handy finger ring, so it'll never slip your grip when you're getting busy with yourself.

KINKI STIX BULLET, \$19.95, adameve.com

RACIER RING

 $Your \, current \, version \, has$ only one vibration setting and a tendency to shift around his shaft (so not clit-friendly), but this deluxe penis ring stays put and has seven snazzy vibe patterns.

OHMIBOD LOVELIFE SHARE VIBRATING RING, \$59, babeland.com

NEXT-GEN CONDOMS

A truth universally acknowledged: Condoms $are\ necessary\ but\ can\ be\ a$ bummer. Upgrade to these: all- $natura \hat{l}$ and-oh, right-thin as hell.

L. CONDOMS, \$12 for 15 condoms, thisisl.com

RABBIT 2.0

No bunny ears, no problem. Toss your O.G. rabbit, and splurge on this one (at far left). Its "waving" motion is meant to simulate a finger on your G-spot, but its stubbier part (ears!) gives your clit some love too.

LELO INA WAVE, \$199, lelo.com

LUXURY LUBE

A pure, simple blend of silicone and vitamin Ethat stays wetter longer. No midcoital reaching for the nightstand drawer with this silky-feeling fave.



0_{ml/3.38} o≥



Chances are, he slips a finger in the front of your Cosabellas. Changeitup by guiding his hand into your thong from behind-a fresh new twist on a classic fondle.





Position Ignition

REIMAGINE YOUR GO-TOS IN BOMB NEW WAYS—AND NEVER BE BORED IN BED.



UPGRADE GIRL-ON-TOP

THE WILD SEX MARE

Ramp it up by leaning back on your elbows and hooking your legs over his shoulders (not as hard as it sounds, really). Then raise your butt slightly so you're hovering as he thrusts. G-spot action + easy clitoral access = sex win.

UPGRADE REVERSE COWGIRL

THE STROKE SHOW

While giving him a VIP view of your butt, use that control for shallow strokes. They stimulate the sensitive front third of your vag (nearest the opening). Once you're close to the finish line, go deeper.





UPGRADE MISSIONARY

THE G-SPOT MISSIONARY

Stack a couple of pillows under your butt, and put your feet on his shoulders. It's a soupedup angle for G-spot stimulation...and an ab workout, because #Multitasking, bitches.

UPGRADE DOGGIE-STYLE

THE FREAK ON A LEASH

Enhance the old standard by having him grab a pashmina and wrap it around your hips—he can use it to pull you closer. Who knew your \$10 streetstand scarf doubles as a



UPGRADE YOUR SEX-TERTAINMENT

Y TU MAMÁ TAMBIÉN (AND YOUR MOTHER TOO)

"Nobody should have to choose between watching Diego Luna and Gael Garcia Bernal have super-enthusiastic sex. This movie has both. So tight.'

-STACY R., 28*

L'AMANT (THE LOVER)

"A beautiful young French girl and an older (hot) Chinese businessman fall in forbidden love: Think a French Fifty Shades." —FILE 1 30

CW'S THE ORIGINALS

"I know vampires are done, but the whole 'biting and sucking your neck' thing? I love that." -VICTORIA K., 22

ATONEMENT (film adaptation)

"James McAvov. period costumes, a dimly lit library, James McAvoy...um, this is anonymous, right?" -NATALIE W., 24

A SPORT AND A PASTIME, by James Salter

"My boyfriend and I read it out loud to each other. We're dorks, but it works." —JULIE B., 27

*NAMES HAVE BEEN CHANGED TO PROTECT THE KINKY CONSUMERS



+ MOREPLAY Usually get or al with your legs spread like a cheerleader mid-herkie? Intensify your O by stretching your legs straight out, stimulating the pelvic muscles you use to climax. Go, team orgasm!

Sex Q&

No-BS responses to questions you can only ask Cosmo





Q/ My fiancé and I are taking a big road trip for **Memorial Day** weekend, and he's hinting that he wants us to give each other "road head." What's the best wav to do it without getting into an accident?

A/ How about slightly-off-theroad head? "They say if you have to text, pull over. The same goes for sex," says Cindy Struckman-Johnson, PhD, a professor of psychology at the **University of South** Dakota who conducted a study on car sex last year. Her data found that about one-third of college-age men and women had sex (mostly oral and/or handies) while driving a car because they "enjoy the risk." But O-ing on the open road is dangerous. Almost 40 percent of carsexing couples said it led to speeding or drifting across lanes, and 11 percent said they completely let go of the steering wheel. A little dirty talk on the road is fine, but find a secluded spot or quaint little inn to really rev your sex engines.



A/ It can take up to 30 minutes of clitoral love for your vagina to become fully stimulated, studies suggest. So "don't just leave it to your boyfriend to get you ready," says Nan Wise, PhD, a cognitive neuroscientist who specializes in sex research. Reach down and touch yourself or introduce a bullet vibe pre-sex. Show him that a hot opening act makes the main event so much hotter. He'll be foreplay's new number one fan.

longer?







Q/The incredible guy I'm seeing just came out to me as trans. So far, we've only made out—but he still has his female genitals. So what does hooking up look like for us?

A/ It sounds like you're asking how you'll have sex if he doesn't have a penis. Luckily, "sex can take many forms and specific genitals need not be involved," notes Michele Angello, PhD, a clinical sexologist who specializes in transgender identity. "There are infinite ways to have mindblowing sex with this guy." They include your mouths, fingers, sex toys, or a strap-on to simulate a penis, if you're into that. Start by asking him what he's comfortable with—Angello says that some trans people are okay with using their genitals and others have "nogo zones." The sexiest thing to do is talk about what you each find hot.

Q/I'm in an

LDR. and we've

and Skyped each

other to death.

sexologist Anna

to send midday

fantasies, pics,

and videos. Every

Stallion69@yahoo

.com has sent you a

you over the edge.

Randall. Use them

Snapchatted

- MICHELLE RUIZ



WHAT'S THE BEST SEX TOY...THAT'S SMALL ENOUGH TO FIT IN MY PURSE?

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Q/I'm secretly dating my coworker, and we're really into each other. Should one of us leave our job if we start getting serious?

A Falling for a coworker doesn't just happen on The Mindy Project. According to a recent CareerBuilder .com survey, almost 40 percent of American workers have dated a colleague. First, check your company rules. Some offices ban it when one employee reports to the other-so if one of you is the boss, someone might need to start job hunting.

LOVE ADVICE FROM OUR GUY GURU, LOGAN HILL

But before you go there, ask yourself: Do you see your romance making it in the real world—or are the flirty Gchats just fun for now? Spend more time together outside work and try to find out. Unless you get real-deal committed, leaving your job is a crazy-big sacrifice. Q/I wasn't in the mood for sex and my boyfriend was, so he asked if I would show him my boobs and talk dirty to him to help him get there. Uh, should I really be providing masturbation inspo?

A Don't do anything you don't want to do. That said, this isn't the most abnormal ask. He's really just offering up a compromise. "I want you. You don't want me. How about at least some visual stimulation?" On the bright side, he'd rather fantasize about you than a porn star.

A GUY, AND MY
BIRTHDAY PARTY
IS COMING UP.
INVITING HIM
MEANS HE'LL
PREMATURELY
MEET MY
FRIENDS AND
FAMILY. NOT
INVITING HIM
SEEMS RUDE.
HELP!

A Don't try to hide the party or your anxiety about it. Just be honest and get ahead of the problem. Tell him it feels like a little bit too much, too soon to introduce him to everyone in your life. He should get it, because it's a pretty commonsense reaction. He might even feel the same way. Tell him you'd rather celebrate with him one-on-one....He should RSVP to that party, stat.

Q/My boyfriend's dad makes racist comments. It makes me uncomfortable, but I usually laugh it off because I don't know how to handle it. My boyfriend just ignores it. How do I deal?

A Being on your boyfriend's home turf is tricky-but silence is acceptance, and laughing along is dangerously close to endorsement. Start by explaining to your boyfriend that this bothers you, and ask him to say something to his pops. If he doesn't want to step up, do it yourself. Keep it brief—"I can't say I agree with you, Mr. Dad, and I'd rather not talk about that stuff." Then flip the script to a more neutral convo-"But I do want to hear about your golf trip." Then going forward, you can agree to disagree.

A Pill That Can Reshape Your Entire Body In 30 Days? by Tiffany Strobel

As incredible as it sounds

groundbreaking research has just identified a compound that can not only help you lose weight, but can actually reshape your entire body, reducing waist size, hip size, thigh and buttock circumference, belly bulge, and... last but not least... cause a significant loss of actual fat mass from all over your body. Has the "miracle pill" finally arrived?



doesn't happen very often, but every once in a great while a new weight-loss product comes along that really gets me excited. And, the fact that I get to tell you about it before *The Doctors* and *QVC* feature it on their shows is "icing on the

Additionally, with respect to time, researchers observed a significant effect on the hunger hormone ghrelin as well as on satiety and desire to eat. The end result was that the specialized compound was shown to cause a significant

66 It's sort of like eating a whole donut, but only absorbing a fraction of the calories... 99



cake!" The product is called Vysera-CLS, and, unlike your run-of-the-mill "diet pill" that merely helps you lose weight (while following a strict low-calorie diet), Vysera can actually reshape your entire body... dropping inch upon inch of unsightly fat from your waist, hips, thighs and tummy... even if you're eating more than 2,000 calories a day! Some people are calling it a "miracle pill." However, this "miracle pill" is backed by serious clinical research published in the highly respected *British Journal of Nutrition*.

The Power to Reshape Your Entire Body

While you and I only care about results (and the results are incredible), the scientists I've spoken to are even more excited about how this compound works.

So here we go. In a randomized, double-blind, placebo-controlled clinical trial, study subjects took the compound along with their main meal of the day. Thirty minutes later, they had a significantly lower percentage of blood glucose increment from baseline, a smaller increase in C-peptide and, forty-five to one hundred twenty minutes after they ate, subjects also experienced a smaller insulin increase compared to placebo.

reduction in body weight, fat mass, BMI, adipose tissue thickness, and waist/hip/thigh circumference while maintaining lean body mass.

So Here It Is In Plain English:

People who took this incredible compound not only lost weight, but lost a significant amount of squishy, flabby, unattractive body fat from those hard-to-target places we all hate: our hips, thighs and butt. It also caused a significant reduction in the amount of fat around the waist (yes, that means you can start saying goodbye to your love handles), helping study subjects achieve that tight, sexy, firm figure we all dream of. And the best part? The compound did all this on 2,000 to 2,200 calories a day! In other words, without requiring anybody to follow a low-calorie diet or work out for hours every day! Think of it this way ... it's sort of like eating a whole donut, but only absorbing a fraction of the calories. How's that for amazing? (Of course, we don't advocate eating a donut as a meal, and this example is used for illustrative purposes only.)

Where Can You Get It?

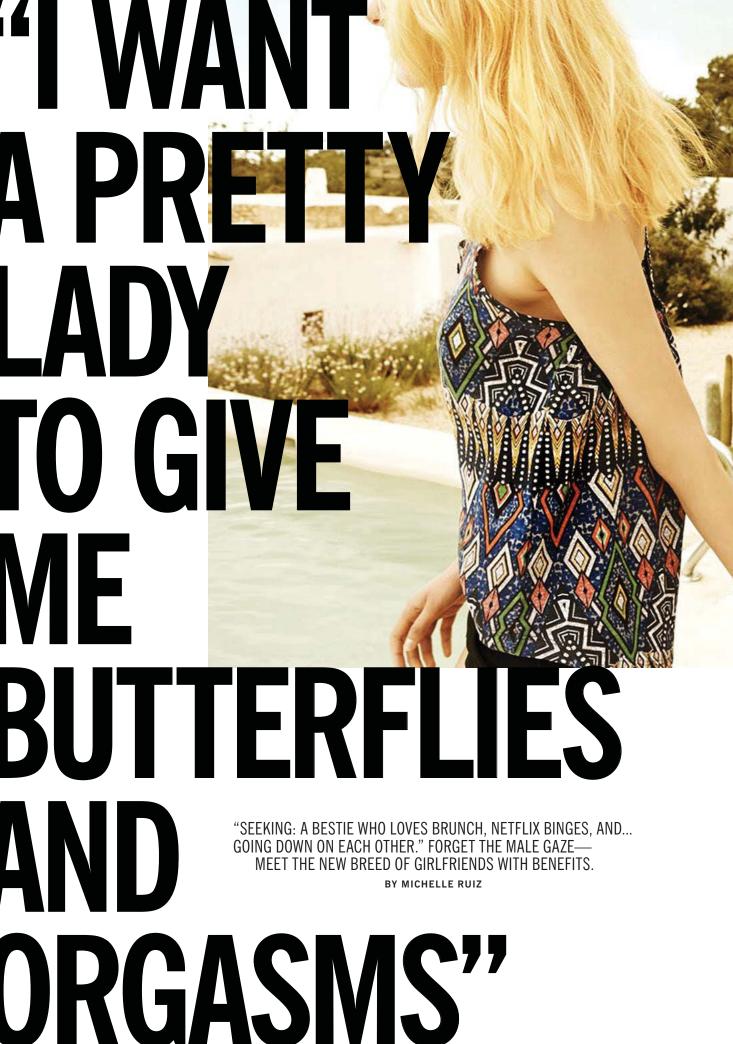
A company here in the USA has acquired the patented compound and added a proprietary mood-elevating, feel-good energy component to help eliminate diet fatigue and get you through the day with a smile on your face (another added benefit). This unique formula has been exclusively licensed to Bremenn Clinical under the trade name Vysera'-CLS. And trust me on this... once you start taking it and see how quickly it transforms your entire body, you'll be a believer, too.

So What's The Catch?

It seems there's always a catch with "diet" pills... so what's the catch with Vysera? The price. A full 30-day supply of Vysera will cost you about \$100... in other words, don't go looking for it at your local Walmart. Vysera-CLS is currently available at all Ulta stores, Kohl's, and GNC. Over the next few months, it will be available on a limited basis at prestige retailers across the U.S. Having a hard time finding Vysera-CLS? Can't wait? You can order it directly from Vysera by calling 1-800-501-0948 or visit their website at VyseraCLS.com. Use promo code VYSERA170 at checkout and shipping is free!

Tiffany Strobel is an author, columnist, and beauty editor for MyFreeDiet.com





SOME GIRLFRIENDS ARE CLOSER THAN FVFR. IT CAN BE LONELY in Las Vegas-so lonely, a single

23-year-old woman is looking for a new bestie on Craigslist.

"There are guys all over the place to have fun with," she laments in an anonymous post, "but I wish I had a friend to go shopping and to concerts with me or to get our nails done...someone I can talk to about my boy problems, maybe hear about hers."

Oh, and one more thing! After rocking out at Britney's live show, she's also hoping she and her new BFF will get in bed and go down on each other. The post continues: "I left out the part about not being able to keep our hands off each other when we're alone, giving each other hot

and steamy kisses, and seeing what we taste like."

Wait, what?

She's one of thousands of women across the country, judging by Craigslist and other sites, who identify as straight-explicitly mentioning boyfriends, husbands, or dating dudes in personal ads-but are also looking online for casual, lesbian sex. It's more than experimenting with your college suitemate, and it's not about turning on bros at the bar. These heteroflexible women say they want long-term romantic relationships with men but are consistently drawn to women

purely for sex, whether a girlfriends-with-benefits scenario or a Sapphic sidepiece hidden from their boyfriend or husband.

"It's a huge phenomenon," says Chelsea Reynolds, who researches gender and sexuality in mass media as a doctoral student at the University of Minnesota School of Journalism and Communication. In a pilot study, she analyzed (or "expertly lurked," as she calls it) the Women Seeking Women section of Craigslist in 10 U.S. cities, including San Francisco; Chicago; Boston; Louisville, Kentucky; and Lubbock, Texas. Over a three-

LOVELUST

day period, she analyzed more than 400 such ads. Based on that data, she estimates that, over the course of a year, there are hundreds of thousands of ads posted online from women who "self-identify as straight, who want relationships with guys but also enjoy a woman's body and affection here and there."

When straight girls shop on the Web for gay sex, Reynolds found that they maintain their "stereotypically heterosexual" (read: basic bitch) identities. They reference the guys in their lives, most of whom are in the dark. "My husband will not know or join," clarifies a 30-yearold from Austin looking for "the touch of a woman" on Craigslist. Many ads toss out invites for girlie activities like mani-pedis and brunch. "I want to hang out and go shopping and be friends outside of sex," explains a 24-year-old woman from Evanston, Illinois, in her Craigslist callout.

Many are clear in their online ads that they're looking for "femme, not butch" women, because it's precisely the feminine "lipstick" ladies who offer them a sexual break from the men in their lives.

"Women are so soft and captivating," gushes Ruby, a 31-year-old fashion sales coordinator who lives with her boyfriend in New York but has a long-standing lust for women that she's acted on in the past. "They're like gummy candy in my mouth."

Or as one Dallas woman recently put it on Craigslist: "Hey, ladies, I'm 36 and married to a douche. I'm longing for a pretty lady to give me butterflies and orgasms."

Reynolds herself is in a monogamous relationship with a man but says she's attracted to women and the way they seem to innately know how to please her. "That

LOVELUST

doesn't necessarily make you gay," she says. "The way I've explained it to my partner is 'I'm super into you. I love having sex with you. But at the same time, there's one thing that you don't have, which is a vagina."

ABOUT 7 PERCENT of women in the U.S. identify as gay, lesbian, or bisexual, according to Indiana University's 2014 National Survey of Sexual Health and Behavior, which polled 5.000 adults. But the number who have had samesex hookups at some point in their lives is higher-closer to 12 percent, according to the same data. The numbers are highest among women 25 to 29. Nineteen percent in that age-group have had oral sex with a woman.

The idea that a person can be kinda-sorta straight or a li'l bit gay goes back almost 70 years to pioneering researcher Alfred Kinsey. He argued that some people are straight, others are gay, but many others fall on a spectrum somewhere in between. Still, the idea that sexuality is fluid is blossoming in the mainstream of late. Orange Is the New Black and its "gay for the stay" jailbirds are Netflix magic. Breathless rumors swirl that Taylor Swift and model BFF Karlie Kloss are makeout buddies (a claim they laugh off). A survey by Cosmopolitan.com of 4,000 women published last year found that almost 84 percent of straight female readers have watched lesbian porn.

The number of women who describe themselves as mostly but not completely heterosexual is on the rise, according to the most recent National Health Statistics Report. In 2008, 12 percent of women in the U.S. said they were "mostly" straight but have some attraction to other women, up from 10 percent in 2002. These semi-



WANT A GIRLFRIEND WITH BENEFITS? ASK YOURSELF THIS

Do I want to have
 a threesome, or do I
want to hook up with a woman
 on my own? If it's the latter,
be honest with your boyfriend
if you have one. You might not
 consider it cheating, but he
 very well might.

2. Am I protecting myself?
Just a friendly reminder
that you can get STIs
from guys and girls.
Make sure you've both
been tested, or get familiar
with the dental dam, if
you're going there.

3. Do I want to date a woman too?

If so, go for it. But you're not obliged to define yourself as gay or bi. If anyone asks, you can say "none of your business, baby."

SOURCES: LISA DIAMOND, PHD; SEXUALITY RESEARCHER CHELSEA REYNOLDS

straight women likely always existed, says Lisa Diamond, PhD, a professor of developmental psychology at the University of Utah and author of Sexual Fluidity: Understanding Women's Love and Desire, but horny heteroflexible 1950s housewives couldn't exactly shout it across the white picket fences of the era.

In 1995, Diamond began tracking the sexual orientations of a group of 100 women ages 16 to 23. After reinterviewing them every two years (she's currently prepping for her 20-year check-in with the group, which now consists of 89 women), she found that 72 percent reported "wiggle room" around traditional labels like gay, straight, and bi. "There are lesbians who were like, 'I got involved with my best male friend' or heterosexual women who were like, 'Well, I started fooling around with my best female friend," she says. "As the years went by, it was clear that these were not exceptions but pretty common behaviors."

Often, she's found that women aren't trolling for random girls at bars but falling into bed with "a close heterosexual friend" because "their feelings are so strong emotionally that they kind of spill over into the physical realm."

The first girl who Allie, a 31-year-old artist from Kentucky, hooked up with was a longtime friend on a trip to the friend's family cabin. The next time, she was wooed by a fellow bridesmaid in a mutual friend's wedding at a lakehouse bachelorette party. "We ended up having sex, and it was awesome," says Allie, who notes that the bride never found out nor did Allie's boyfriend at the time.

SO IF "STRAIGHT" WOMEN are into lesbian sex, how are they not lesbians? Or bi? Diamond, who is a lesbian, admits that in the early stages of her study, she was waiting for the "wiggling" women

"THE WAY I'VE EXPLAINED IT TO MY **PARTNER IS 'I'M SUPER** INTO YOU. OVE HAVING **SEX WITH YOU. BUT AT** THE SAME TIME, THERE'S **ONE THING THAT YOU** DON'T HAVE, WHICH IS A

to come out eventually one way or the other. Instead, year after year, the women said things like, "That was an amazingly powerful relationship with Anna, but I'm pretty sure I'm still straight."

Many straight women who occasionally sex other women insist they're not lesbians—because they only want to date men. And they're not bi either; they don't want to date both genders seriously.

Ruby says her magnetic attraction to women has made her question whether she's a lesbian. But ultimately, she identifies as straight. "If I had a relationship with a female, wouldn't it be like having your bestie over all the time? Could I take it seriously?"

For some, like Nicole, a 31-year-old journalist in Cleveland who says she's "one hundred percent straight," hooking up with other women in no-stringsattached situations is a way to explore what turns her on in a safe, no-boys-allowed kind of environment.

"When I hook up with men, it's because I want to date them, so there's a level of awareness [during sex] in wanting things to work out," she says. With girls, "the pressure's off. It's like, 'Oh we have the same body parts...let's make each other feel good for a little bit, then I'll learn more about what I like too."

This never backfires except when it does. "There's fear among some lesbian women that [straight yet fluid] women are just going

to mess around with them and break their hearts," says Trish Bendix, the editorin-chief of AfterEllen.com, a popular lesbian-focused website. She adds that many younger members of the lesbian community support women's right to "love who they love," but there are also concerns that fluid women are down for gay sex, but not the struggle that can come with being gay or bi: "I hear from a lot of women who want others to identify and be on our team."

Allie says she has unintentionally confused a few female hookups. Some want to know what she is—a lesbian? Bisexual? "I like a person and I'm attracted to a person. Sometimes that person is a man, and sometimes that person is a woman; sometimes that person is short, and sometimes that person is tall," she says. "I guess I don't label myself because I don't want others to label me either."

In the future, sexual labels may die altogether, Diamond predicts. In the early '90s, the idea of being unlabeled didn't even exist. "If you didn't have a sexual identity label, it meant that you hadn't come out yet," she says. Now, young people are much more likely than in previous decades to come out as unidentified, says Diamond. "To say, 'As long as I love and accept myself, I don't really care what you call me.' I think that might be, in some contexts, the healthiest way to be."■





FROM THE MOUTH OF BAES

THE LIES GUYS TELL FOR LOVE

He's using his family dog to get you in bed. BY MARISSA GAINSBURG

sexual tension at

FOR MORE OF MATTHEW'S SECRETS ON DATING AND

RELATIONSHIPS, VISIT

HOWTOGETTHEGUY .COM

parties.

EDITED BY MICHELLE RUIZ

GTFO

CONSCIOUS UNCOUPLING **CHEAT SHEET**

When is ghosting no longer okay? Let's standardize the breakup system for





GUYWITNESS NEWS

WHY DO GUYS ALWAYS SAY "CALM DOWN" DURING FIGHTS?

The two dirty little words are a frustrating fallback for boyfriends across the nation. One man explains.

"Calm down" is a handy cop-out when guys are feeling lazy (which is often). As one friend said, "When I'm confused and don't have much to say, I just tell her to calm down."

But really, "calm down" is all about conflict avoidance. We're scared that if you get emotional, things will escalate from a five-minute spat to a five-hour cry-fest, and we'll have to talk about our feelings. The fact that doing so might clear the air or resolve issues? Irrelevant! We'd rather bottle up our emotions, then unleash them

days later by doing something weird like yelling at the cable guy. Genius, right?

Ever since our Little League coach told us to "rub some dirt on the wound" and get back in the game, we were nudged toward a code of "strong silent type" machismo. So the next time he plays the "calm down" card, remember he's not heartless—he just lacks your savvy in how to deal.

—JEFF WILSER, AUTHOR OF THE MAXIMS OF MANHOOD



OF MEN COP TO MAKING A SEX TAPE. SCORSESE-MEETS-SKINEMAX ALERT!

SOURCE: STATISTICBRAIN COM 2014 STUDY



you have to part ways,

plus a custody battle over

his T-shirts.

I take girls to a coffee shop I 'love.' I secretly hate coffee. I just don't want to drop cash on dinner until the second or third date."

—TEDDY G., 25

"I masturbate every day. When girls I'm dating ask, I say three times a week. It makes me seem less horny." -JAY S.. 26

Divorce lawyer

o'clock.



"I tell girls my dog lives with me, even though he lives with my parents. I look much cuter next to a puppy." -STEVE J., 25

"I've been known to wear a random sling around my arm or medical boot on my foot at bars. Girls seem to have a thing for the injured, vulnerable guy." —GARRETT B., 24





Surviving the

WHEN I WAS 22, I got a job writing a sex column for an alternative newspaper. I was just out of college, auditioning for films and plays while supporting myself as a temp (I called myself a temptress-a temp and actress), and at night, I picked up commitmentphobic drummers and took them back to my apartment for disappointing hookups. I was busy but lonely.

One day, I picked up a copy of the New York Press from a green box on a street corner and read it at my desk during lunch. It was filled with depressing, funny first-person columns: a neurotic married dad in therapy, a misanthropic single guy, a dominatrix. I felt a kinship with these sad sacks who had found a way to turn hardship into humor. I typed out a rant called "The Blow-Up Boyfriend" and sent it in. In it, I longed for a boyfriend whose shoulder I could cry on after difficult nights but who I could deflate as soon as he got annoying.

A few weeks later. I had a job writing a biweekly column. My editor never directed

me to write about sex, but he named my column "Female Trouble" and said, "I have a feeling this will be eminently illustratable."

Suddenly, I had an excuse to hook up with even more unsuitable guys! The more hostile and elusive, the better. I saw it as my mission to be bold, to chronicle all my disconnected, groping lays, to seek out experience for the sake of all the single women who didn't have columns.

While acting in an experimental play, I met a hot, older playwright who took me to his apartment and masturbated in front of me, crying out, "You found my weakness!" when he came. I met a heroin-snorting accordionist who couldn't come because of the drug; a cute hippie guy who taught me how to stimulate his prostate; a cynical comedian who made fun of me for trying to make out with him. At various guys' requests, I dressed up in cheerleader and nurse outfits for sex. I slept with two members of the same band in the same year just because I could. I wrote about all of them.

But I was really



LOVELUST

SEX

writing about myself, my odd combination of sexual bravado and cluelessness.

Unlike the uptownset "Sex and the City," which ran in the tony New York Observer, my column had little glamour and often-missing orgasms. Sometimes it was because the guy didn't care. Often it was because I didn't tell him what to do. Although I never made my frustration explicit, it came through between the lines. This wasn't sex for pleasure, it was sex for something else—but I wasn't vet sure what that was. Thrill? Rebellion? Love?

My physiological disappointment was often followed by emotional disappointment as my attempts to schedule a second date (that would result in better sex) proved fruitless. Sometimes the guys were so cringe-inducing in their rejection lines, it seemed they knew they were fodder. An actor left my apartment before breakfast, saying he had to go build shelves. A Broadway director took me to Philadelphia to meet his father; days later, he decided to reconcile

with his ex-girlfriend. A French musician (who didn't want a relationship) said, "I'm like a cat. I have to enter and leave a room as I please." I guess the room was my vagina.

As I relayed all the humiliating details to my readers, they began to weigh in in the Letters section of the paper. One guy wrote that I should stop dating "egregious losers." Another pled for "more swallowin', less wallowin'." A woman, upset that I had pursued a jerk, intoned, "Amy, stop it right now! He comes off as a total asshole, yet you, throughout your tale, go right on believing in him!"

I had a Greek chorus of New York strangers telling me to pull my head out of my ass. They could see that I was dating men who would never love me and who weren't good in bed. And my own behavior was making things worse—not only the getting-nakedFOR YEARS,
AMY SOHN
SOUGHT
OUT WEIRD,
UNFULFILLING
SEXCAPADES
SO SHE COULD
WRITE ABOUT
THEM. THEN
SHE REALIZED
WHAT GOOD
SEX WAS.

within-two-hours-ofmeeting part but the part where I stroked the guy's forehead after sex and said, "Wouldn't it be funny if someday we got married?"

Yet something strange happened as I went down the rabbit hole. I became less judgmental about guys' fetishes-and my own-because I had been exposed to so many. I learned that not all submissive sex is depressing, that it can be hot to watch porn, that mutual masturbation can be more satisfying than the old in-and-out.

All that bad sex made me vocal about what I wanted. I realized that if I didn't tell a guy how to make me come, he might not know. If I was going to have casual sex, it might as well be pleasurable for me.

When I got a deal to write a novel about a sex columnist, I took it and left the paper. I wanted my life back, and I wanted a shot at real love.

A few years later, when I was 28, I met a handsome red-headed artist. I kept waiting for him to turn shady, but it never happened. He called when he said he would, he always wanted to see me, and he suggested we wait to have sex (we did—a month). In bed, he cared about my pleasure. And he wasn't intimidated by my column. We were married a year later and now have a 9-year-old daughter.

I cringe when I remember some of the guys I slept with while writing my column, and I know that there were times I used it as an excuse for selfdestructive behavior. But I am grateful that I was given license to be all the things young women are told not to be—brash, aggressive, and loose. And even though I was playing a role, the role helped me discover the real me. The real me was romantic and vulnerable and knew that the best sex came after emotional intimacy, not before.

When I look back on my sex-column days, I can't believe how reckless and illadvised my choices were. And yet as a semi-respectable married mother, I miss that time like hell.

Amy Sohn's latest novel, The Actress, is out in paperback next month.





IT WORKS

Nufree® is a non-wax hair removal process that will remove hair from almost any part of your body—pain-free. Because Nufree® isn't a wax, you won't experience the pain, redness, or swelling you often do with wax-based products. Scientifically tested, Nufree® is antibacterial and antimicrobial, ensuring that it's both safe and effective. Nufree® is so gentle that you can apply makeup, swim, and tan once finipil® has been applied after your treatment. finipil® our patented® antiseptic lotion soothes and protects your skin while killing germs.

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Every Valentine's Day I make all of my yearly doctor appointments gyno, boob check, physical. It's my gift to myself.

mix there all a HEALTH

"Every Valentine's Day I make all of my yearly doctor appointments—gyno, boob check, physical. It's my gift to myself. I also love the new Zantrex SkinnyStix. I can mix them in water and drink them all day long to stay energized and curb cravings. They're great before a workout. And sleep is essential, I try to get eight to nine 'oours a night."



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THE GUM YOU LOVE, NO WRAPPERS



HELPS FIGHT CAVITIES
SUPER USEFUL

As DKNY PR Girl, the voice behind @dkny on Twitter and the SVP of Global Communications at Donna Karan International, I have had the privilege of sharing my insider views on the glamorous, and sometimes *not so glamorous*, world of fashion in 140 characters or less.

Whether I'm tweeting about Oscar gowns that have gone missing at LAX or the ridiculous fashion-show ticket requests that come into my in-box, my tweets offer a juicy behind-the-scenes peek at fashion through the lens of public relations. But something interesting happened since I started DKNY PR Girl in 2009: Social media has also become a vehicle for me to mentor.

Take this example of a blogger named Jenna who I got to know through Twitter. She direct-messaged me one day asking if she could e-mail a few questions. She told me that she worked at an artificial turf manufacturing company but she loved fashion. I responded by simply writing, "Call me."

I had a lot of advice, and the bottom line was that if she wanted to break into fashion, she needed to be in New York. *Sigh*. I knew Jenna hung up the phone with a heavy heart and a swirling head.

Months later when Jenna called again and told me she'd packed up and moved to New York, I couldn't help but be impressed. She had taken our conversation seriously. She was hungry.

Jenna had been working at a PR agency in New York for six months when I started a search for a new assistant. Since I was looking for someone socially savvy, I asked the applicants to apply on DKNY's Facebook page. We received 300 applications, including one from Jenna. People treated the process like they behave socially—very casually. But they shouldn't have. I wanted to see if the applicants were savvy enough to know how to switch between social talk and professional communication. Jenna intuitively knew the difference. After a long, drawnout process, Jenna was the one. One tweet from a girl at an artificial turf company in Texas led to her dream job in fashion in New York City.

Jenna's clear talent and instinct to behave in the professional way she did made me want to help her. And that brings me to the biggest secret I've learned: How you communicate and influence others weighs just as heavily on your success as your skills and ideas do. When you spend all day strategizing how to make people perceive a brand positively like I do, you start to realize that the same principles can be applied to people.

My knowledge comes from nearly 20 years of experience, but I want to give you a cheat sheet on how to market yourself. Why wait to learn something the hard way when I can teach you now?



YOUR
PERIOD
IS BETWEEN
YOU AND
YOUR PAD.
NOT YOU
AND YOUR
PANTIES.

OUTSTANDING PROTECTION

U by Kotex® pads with

3D Capture Core* have outstanding protection to help stop leaks.

Get a sample at ubykotex.com







What is a brand? It's an identity. Branding is the art of aligning what you want people to think about you with what people actually think about you. You can decide what you want the public perception of you to be, and you can shape it. So the question is: How would your friends or colleagues describe you? Is that the message you want to convey? If it's not, you need to change it. You need to self-examine and decide what you want to stand for. Every person has something unique to offer. To know what that is, look at yourself from an outsider's point of view.

Craft your personal brand.

Pretend for a moment that you are a public relations executive and your new client is you. Answer the following questions.

- Who are you?
- What do you want to be known for?
- What makes you special?
- What do people remember most after meeting you?



Write your bio.

Do a summary of you your professional and personal life—in the third person, which allows you to take a step back and not feel totally awkward talking about yourself. Pretend you're a journalist who is writing an article about you for the New York Times. Throw it all in there: your looks, personality, education, job titles, hobbies, passions, talents, awards, charity work, family life.

Read your bio.

Cozy up somewhere, and pretend you're reading about someone else. Do you like this person? Are you impressed by what she's done? What do you feel this person should change about herself?

Make a word cloud.

Pull the keywords in your bio that really summarize your story.

Create a mood board.

Find an image for each word you pulled out. Take a step back. What do you want to keep? What do you want to change?

Continue the story.

Think about where you want your journey to go. Continue writing your bio as if it has happened, but this time in italics—all your aspirations, everything you want to accomplish. This may sound like a lot of work and soul-searchingand it is. But when you're finished, you will know yourself so much better. Personal branding is about identifying the best version of you. It will allow you to perform better in every area of your life, no matter what you do.

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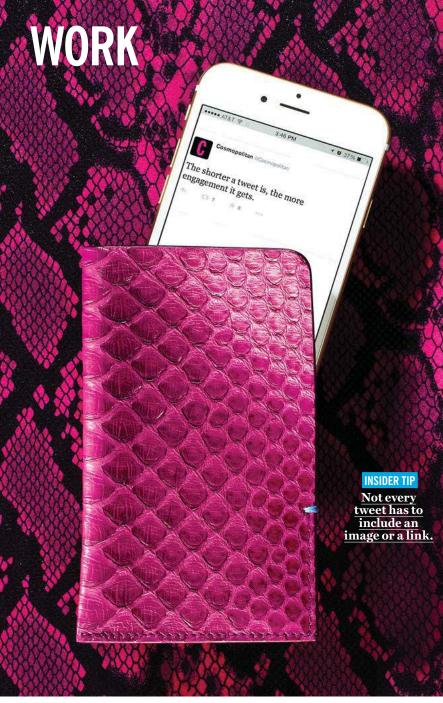
WHAT
THE
BEST
MORNINGS
ARE
MADE OF.







Start your day on the plus side of delicious with Quaker® Real Medleys®. Try new Summer Berry Granola as a delicious snack or topping that's loaded with crunchy clusters plus real fruit. And there's new Banana Walnut Oatmeal+, complete with super grains and packed with bananas and crunchy nuts. #QuakerUp



2 _ KILL IT ON

SOCIAL MEDIA

Social media has helped catapult seemingly regular people into personal brands. Hello, you're reading the words of someone who is a product of social media. What you post speaks volumes about you. That can be a good or bad thing. Just remember, when you're at a party this big, you better bring your manners—your personal brand depends on it.

Find the platform and the number of platforms—that feels right for you.

You don't need to be everywhere. Master one or two platforms first, and grow from there. Plan your strategy on the kind of content you have to work with. For example, if you're not really going to have strong visual assets, consider skipping Instagram until you do.

The profile picture and bio in social media are like your résumé.

Don't leave them blank.

Posting and engaging with your followers regularly will grow your following.

You have to start the conversation and follow the conversation. Out of sight, out of mind strongly applies here.

Listen before you speak.

Growing up, we were told to think before we speak. In social media, you need to listen (i.e., read). Know what conversations people are having before you chime in.

Scratch people's backs.

When you can't think of anything original to post, try helping others get their thoughts out there. Giving voice to other people's posts by sharing them is a gracious move and one that's always returned in spades. It's also a great way to build your follower base.

Embrace yourself. The truer you are to yourself, the happier you'll be anyway. If you love to cook, for example, share some fun tips that position you as an expert. If you're someone who loves staying home and watching movies, why not become your own movie critic and post reviews socially?

There are a lot of ways to prove your worth, and providing some kind of service to your followers is always a great tactic.

Don't beg.

Do you beg for friends in real life? I doubt it. So why would you beg for friends online? How you build a follower base is the result of three things: (1) putting out great content, (2) engaging with people who speak to you, and (3) proactively reaching out to others.

Strike up a conversation online.

Ask someone a smart question, or compliment something he has recently accomplished.

Inspire!

People love to be inspired. That's why quotes, whether motivational or encouraging, go a long way in the social space. Quotes are pretty much a given to be retweeted, which will grow your audience exponentially.

Curate your timeline.

Retweeting five times in a row might give off the idea that you don't post original content. I believe in an eclectic timeline. Start with posting original content, then respond to some comments, and finally share other people's content. You want to show that you are both speaking and watching the various conversations throughout the day. Check your timeline once in a while, and see if you think it would look good to someone who doesn't know you.

Filter what you say. If you wouldn't feel

comfortable running a full-page ad of your tweet in the New York Times, don't post it.



#1 SELLING SCAR BRAND • #1 DOCTOR RECOMMENDED

Nielsen data, xAOC scar market dollar share, current 52 weeks ending December 20, 2014. ²IMS Health, NDT, December 2014 Jessica is a real Mederma° user who has been compensated to share her story.

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Know your body! Certain styles look better for your shape than others do.
Don't convince yourself that you should be able to wear everything.

Get style-inspired.

in European design-

ers anymore," he said.

door." Just like that,

Celeb X's new style

image was born.

Style is one factor

in creating your per-

sonal brand, and it's

probably the easiest

self. You may think

that having a strong

doesn't matter for

sense of personal style

what you want to do,

but I promise you that

it leads to confidence

in other more impor-

tant areas. Your style needs to empower you

to take on the world

fashion does for me.

and confidence to

tackle whatever

that and coffee.

each day. That's what

It gives me the energy

comes my way. Well,

way to reinvent your-

"She's the chic girl next

Gather images of people whose style you most admire. Try to find the common denominators.

Record best outfits.

Believe it or not, a good style moment can be forgotten in a nanosecond. If you find a great look that made you feel wonderful, write it down, or better yet, photograph it.

Store your go-to clothes together. These are the pieces that never let you down. The pants that fit no matter what you ate that week. The shirt that never wrinkles. When you are pressed for time, you want easy access to the items that work.

Hang by look. If you're organized, keep some of your important looks together. It helps immensely in saving you time and helping you remember what that great outfit is.

Keep your job in mind.

No matter how much fun you want to have with your style, do remember the job you have.

Identify a signature item.

Repetition is reputation. For me, it's the red lipstick and red nails.



Adapted from *Leave Your Mark*, by Aliza Licht, available
May 5, 2015, from Grand
Central Publishing.





Your new money mantra: Everything is negotiable. Cosmo financial columnist Alexa von Tobel, CEO of LearnVest, will have you paying less for your whole life.

CELL PHONE AND CABLE

You have the most leverage when your contract is almost up. Speak to a rep in the customer-retention department. They're typically authorized to offer you deals. Think: reduced pricing, additional data or minutes, and a comped new phone.

FURNITURE

Ask if you can buy the floor model at a discount. (Spot a scratch and you could get 10 percent more off.) You might find success if you pay in cash for furniture and appliances, especially at a local store.

CLASSES

That Essentials of Bread Baking demo sounds fun but will set you back half your paycheck. Ask the what-if question, says William Ury, cofounder of the Harvard Program on Negotiation. "What if I were an assistant? What if I brought a friend or twocould you give me a group discount?"

MATTRESSES

Stores overprice beds, allowing for negotiation wiggle room. Sales are also frequent. When you find a mattress you like, ask when the next event is and whether they can match that price. Ask for free delivery, old-mattress removal, and a comped box spring, mattress protector, sheets, or pillows.

FLIGHTS

Airlines may compensate you for a delay or cancellation. Talk to customer service. Say, "Thank you for the 2,500 miles, but it wasn't comparable to the deep inconvenience I went through, which cost me a lot of money. What can you do that would help me?"



1. "How is your day going?" Start off by being extra friendly.

2. "This is a significant expense and I'd appreciate your help." If it's a major cost, like medical bills, ask about discounts or payment plans.

3. "I haven't decided where to buy from." Comparison-shop, find the best offer online, and ask if your local store can beat that price.

4. "Is there something else you can offer?"—as in free shipping or a warranty. At work, negotiate for more time off or flex hours.

5. "Thank you for your time. Is there a manager I can speak with?' If you find yourself negotiating in circles, politely escalate the convo.











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VELVET ROPES MAKE ANYTHING SEEM MORE DESIRABLE, COSMO COLUMNIST AND MSNBC'S MORNING JOE COHOST **MIKA BRZEZINSKI** TELLS HOW TO SET **BOUNDARIES THAT WILL** MAKE YOUR PERSONAL STOCK SKYROCKET.

BOSS BASICS

The more you hold back on personal details with a new boss, the better. She's busy. And she doesn't want to hear gossip about your old boss-that will only make her worry that you'll gossip about her. She definitely doesn't want you to e-mail her back if you're incapacitated. I once returned a late-night e-mail to my boss when I was halfasleep, and I didn't make a whole lot of sense and will never do that again. Show your boss how good a job you can do and how dedicated you are and she'll value you much more than if you show her how "big" a personality you can have!

PHONE FUN FACTS

Your boyfriend or best friend can't call or IM you at work and expect you'll hop to. Your job

and career are important, and you need to make sure they get that. Establish a window for when they realistically might get a reply from you. Tell the guy you like hearing from him, but it's likely that it will take you two to three hours to get back to him...or whatever makes sense for you and your job. And building a little anticipation into the conversation can only up the sizzle factor.

Having drinks with coworkers never ended well for me. I always overshared, so now I rarely drink when I go out with colleagues. It's not worth having less control or feeling too comfortable. Especially at the start of a new gig, you want to send the message you're worth getting to know, not that you "love everyone so much" after a couple of martinis. Remember, everyone will be texting and Snapchatting everything that happens, so don't give them anything juicy to share about you!

WORK IS YOU. **NOT YOUR BOSS** OR YOUR CUBEMATE." -MIKA **COWORKER COCKTAIL GUIDE**

"YOUR BEST

FRIEND AT



Who t

BY Jill Filipovic

ABOUT THAT DO-NOTHING
CONGRESS: THERE ARE
ACTUALLY SOME MEMBERS
WHO ARE DOING SOMETHING,
AND MOST OF THEM
WEAR SKIRTS TO WORK. SO
WHY AREN'T THE EXTRAEFFECTIVE WOMEN OF THE
U.S. SENATE GETTING THE
CREDIT THEY DESERVE?

PHOTOGRAPHED BY IAN ALLEN

"You can't let negativity get to you. You're still the same person, and you still have your friends and family. If I let negative ads get to me, I would never run."



ELIZABETH WARREN IS A BIG NAME in the U.S. Senate today, but she almost didn't run at all.

Before her election in 2012, Warren was one of the legal world's most-cited scholars, an expert in bankruptcy and a law professor at Harvard. After the economic crash of 2008, she came to Washington, D.C., to champion the creation of a Consumer Financial Protection Bureau.

Warren was a leading candidate to run the agency until Congressional Republicans objected. So Warren packed up to leave Capitol Hill and return to Harvard.

Then Democrat Patty Murray, the senior senator from Washington, called and told Warren to run for the Senate.

"I started in with all the reasons that I shouldn't, about how I didn't know this thing yet and I hadn't learned about that," Warren says. "And Patty finally just cut me off in the middle of a sentence and said, 'Oh, please. Men never ask if they're qualified enough. They just ask if you can raise enough money for them to win."

Warren, a Democrat, raised \$39 million for her campaign, more than any other Senate candidate that year, and became Massachusetts's first female senator. Her career, she says, was made by "one woman helping another."

What's it like to be a woman in the Senate in 2015? Cosmopolitan invited the 20 sitting female senators to talk about that, and 16 of them took us up on the offer. In a series of interviews in Washington, D.C., they told us stories similar to Warren's. But they didn't describe a soft-focus sisterhood that propels them to work together. Instead, many of them said they've tapped into a style of collaborative leadership for one simple reason:

Although they're a minority on Capitol Hill, the women of the Senate are among the country's most effective elected officials, working across the aisle more often than the Senate's men and keeping an increasingly fractured Congress creaking along...even when, as they admit themselves, they don't always get the credit.

shutdown in October of 2013. Some 800,000 government employees were furloughed without pay, national parks closed, small businesses suffered from frozen government contracts. It cost the country billions. Americans faced a second shutdown if a new deal wasn't agreed upon by January 15, 2014. Democrat Murray was tasked with hammering out a budget deal with Republican Representative Paul Ryan of Wisconsin.

By mid-December, Murray and Ryan had a deal.

"That was clearly Patty Murray and her leadership," says Senator Tammy Baldwin, a Democrat from Wisconsin. "I remember talking with her a lot about her approach to a negotiation with Paul Ryan, who had so much limelight as budget chair and as vice presidential nominee on the Republican ticket. She just did her homework and got the job done."

Murray wasn't the only woman leading the effort to break the deadlock. During the October closure, Republican Senator Susan Collins of Maine took to the floor and proposed a series of ideas she thought both parties could agree upon. From there, a bipartisan group calling itself the Common Sense Caucus, led by Collins and Democrat Joe Manchin of West Virginia, worked to strategize solutions.

"It was Senator Collins who went to the floor and started to get things up and running again," says Senator Jeanne Shaheen of New Hampshire. Then Shaheen, a Democrat, and her New Hampshire colleague Kelly Ayotte, a Republican, hatched a plan to keep the momentum going, holding a pizza night in Shaheen's D.C. office for all the women senators.

The Common Sense Caucus claimed among its ranks not only Shaheen and Ayotte, but also Republican Senator Lisa Murkowski of Alaska and Democratic Senators Amy Klobuchar of Minnesota and Heidi Heitkamp of North Dakota. Their ideas and efforts showed the American public that at least some legislators were trying to bridge the rifts and get the country working again. It was one of the few triumphs in an acutely contentious Congress.

"Take a look at the great accomplishments of last Congress," Heitkamp says.
"Not a lot of them, right? Farm Bill—
led by a woman. WRDA, the Water
Resources Development Act—led by a
woman. The budget in the Senate—led
by a woman. Opening up government
with the Common Sense Caucus—led by
a woman. So go and take a look at what
you think are the top 10 achievements
in the last Congress. I'd suggest you'd
find a woman behind almost every one

"Without your voice being heard in Washington, the decisions we make aren't as good.

Often, it's more than one woman working together. The first bill Warren worked on in the Senate was a fishing bill with Murkowski. Heitkamp also worked with Murkowski across party lines on a bill to improve the welfare of Native American children.

of them."

A recent study by the internet startup Quorum found that the average female senator cosponsored 171 bills across the aisle, while the average male senator shared sponsorship with a member of the opposing party for 130. Women senators cosponsor more than six bills on average with other women, versus four bills the men cosponsor with other men.

Those statistics don't just happen:
Senior Senate women intentionally cultivate a collaborative spirit through social events and mentorship. "Women get together and get to know one another as women first—as sisters, as daughters, as mothers—and share commonalities that might not be legislation-related," Senator Kirsten Gillibrand, a Democrat from New York, says of her colleagues. "And through that relationship, we are able to build a strong willingness to find common ground. And that's why any bill I've ever passed, I've had a strong Republican woman helping me."

In one of her first days on the Senate floor earlier this year, newly elected West Virginia Republican Shelley Moore Capito says she was approached by California Democrat Dianne Feinstein. "I had never met her," says Capito. "She's kind of iconic. She has been doing it for so long and has such stature in the Senate, and she introduces herself and then she says, 'We're gonna have dinner and I'm

I would urge women to consider public service. And if you want to run, give me a call. I'll help." Kirsten Gillibrand STATE: NY PARTY: IN OFFICE SINCE 2009

hosting, and make sure you come."

The Senate women's dinners are off-the-record, quarterly social affairs. Thanks to the dinners, says Heitkamp, "I feel like I know the women Republican senators—now there's two that I'm trying to set up meetings with—much better than I know, with the exception of maybe a couple, the male Republican senators. And it makes you more likely to approach them." Senators say



their cooperation and support bring not only personal benefits but professional advantages as well.

What it hasn't brought is the national spotlight. With the possible exception of Warren, the women of the Senate don't tend to get the buzz some of the men do.

When the Murray-Ryan budget bill went to the president's desk, some of the female senators felt that Murray didn't get her fair share of the credit. "How

many times people have said to me, 'Why is it that everybody's saying, Thank god Paul Ryan was in on this one," Murray says. "It's true. You know, I don't think any of us come here to have the credit. We really have the motivation to accomplish things and get things done, and trophies and awards and getting mentioned all the time isn't the reward that means something to any of us."

"Only in Washington, D.C., do three

men standing around talking beat two women who actually file a bill," says Washington Senator Maria Cantwell, a Democrat, referring to the fact that several of her male colleagues held multiple press conferences about climate change while she and Collins penned legislation. "But that's the environment here. A lot of press will just follow that kind of blustery speech every day, and I just don't think the women are that into that."



The fact that women tend to keep their heads down may be a conscious choice, and one many of the senators say appeals to constituents. Says Baldwin, "I can get more done if I do it outside the limelight than if I've made a hundred pledges on the nightly news." It also may make them more likable in the eyes of voters. Research suggests that both men and women may be less likely to support female candidates if those candidates are

perceived as power seeking; male candidates don't see similar penalties. Working behind the scenes instead of stumping for credit might help female senators meet the demands of voters without alienating them.

But that quiet efficiency has a downside. National recognition shores up opportunities to ascend the ranks and be tapped for positions like the presidency and vice presidency, not to mention financial and political support for reelection. (Heitkamp cites the recent midterm defeat of former Senator Mary Landrieu, a Democrat: "Sometimes you can't overcome trends, but...she didn't get the kind of credit that she really deserved for how hard she worked for Louisiana.")

Policy-focused visibility impacts the electoral pipeline too. When female politicians get more coverage for their personality than their positions, other



women notice: The perception that women face media bias is a major reason many of them don't run for office.

"I think it's important that women get credit where credit is due," says Senator Mazie Hirono, a Democrat from Hawaii. "While it's all very nice to say, 'We really don't need to take credit,' please. I think women are not given enough credit, and women out there need to know that women here can get things done."

GIVEN THE LAND MINES, maybe it's no surprise that women tread more carefully in the halls of Congress, which have long been dominated by men. In the history of the Senate, only 46 women have served—with 20 of them serving now. The year 1992 was triumphantly deemed "the year of the woman" when four were elected.

"There was skepticism about whether

we were up to the job," says Democrat Barbara Mikulski, who was elected to the Senate from Maryland in 1986. On the campaign trail, reporters talked about her opponent's positions before turning to her appearance. "They'd say three points he made," she says. "And then they'd say, 'Barbara Mikulski: short, chunky, feisty, with the ruffled hairdo." She adds, "I do have good ideas and bad hair. My head is used for other things."

Once she was in office, Mikulski says, "the whole architecture" was made for men. She had to ask permission to wear trousers on the Senate floor and caused a minor scandal when she donned a pantsuit. The Senate gym pool was all male. South Carolina Republican Strom Thurmond was notoriously grabby to the point where women would avoid getting into elevators alone with him. There was no women's bathroom.

"I remember when I went to give my first speech on the floor," Mikulski says. "You're there in history. And you think, I've gone where few women have gone before, and you're all ready. And then you stand up, and the podium comes up to here"-she gestures to her forehead-"because you're 4 feet 11."

Mikulski had a special step stool made for her so that she doesn't disappear behind daises built for male speakers.

When Democrat Barbara Boxer, now one of two female senators from California, first ran for elected office in 1972, "Even my next-door neighbor said that she couldn't vote for me because I had young kids," she says. "And this was a part-time job as a county supervisor seven minutes from my house."

When Senator Debbie Stabenow, a Democrat from Michigan, won a seat on the county board of commissioners in 1975, the opponent she bested referred to her as "that young broad." When she tried to secure funding to open the county's first domestic violence shelter, she received threats.

The romantic lives of female politicians were particular points of suspicion. "When I first ran, I was very young and attractive," Feinstein says. "Women used to look at me and say, 'What's wrong with her?' I could see it on their faces-'She must have a bad marriage. Why is she doing this?"

Those attitudes are mostly in the past, senators say. "When I walk out here and walk down the hall, it's not "Hi, woman senator," it's "Hi, Senator," Capito says. "I think that whatever gender biases there might have been are gone."

Other senators say that biases still exist, but that they're more subtle.

"There's overt and not-overt sexism,"

Murray says. "I think that a lot of women would tell you what they've seen happen is that when men are not used to women being at a table to negotiate, if a woman says something, a guy will say it later, and everybody references the guy that said it." She adds, "I still sit in committee hearings as the only woman in the room. I've been at the White House and been the only woman at the table. So we still have a long way to go."

"I do not think the Senate is full of sexism," says Senator Claire McCaskill, a Democrat from Missouri. "Now, are there a few people who have not yet grasped the fact where we're never going to go back to a point in time when the men are swimming naked in the pool in the Senate gym or when the women's bathroom gets smaller? Yeah, there are a few. But by and large, I think my colleagues have seen that we are people who work hard and contribute, and in the long run, they want to be our allies."

MORE WOMEN in elected office, the senators say, means policies that are more reflective of the American public itself, more innovation, and less of the same. "Diversity in life experiences is still relevant," Heitkamp says. "You put 60-, 70-year-old white guys in a room and ask them to make decisions, which is what we've had for the last 200 years, are they gonna come up with new ideas?"

Simply having women in the room, as Hirono notes, can change both the discussion and the outcomes. One example: sexual assault in the military, which was a documented problem for decades before Senate women finally turned up the heat. Beginning in 2013, the Senate Armed Services Committee included a record seven female members, who put forward several pieces of legislation to address sexual violence, including bills by Gillibrand and McCaskill.

"We come with a different set of experiences that we bring to the floor," says Hirono, who sits on the committee. "I do not think that that issue would have been what it was if there were not seven women on that committee pushing it."

Other examples abound. In February,

Mazie Hirono STATE: HI PARTY: IN OFFICE SINCE 2013

all 20 female senators called for a hearing on human trafficking. That same month, McCaskill introduced a bill to combat sexual assault on college campuses, cosponsoring it with Republicans Ayotte and Capito and Democrats Gillibrand, Boxer, Shaheen, and Stabenow, Senators, including Boxer and Gillibrand, have long been pushing legislation to help women pay for child care or at least get a tax break. In his most recent State of the Union, Presi-



dent Barack Obama brought the issue of day care to the forefront of the national conversation.

Of course, that doesn't mean the female experience is universal. "We don't agree on every subject anymore than men agree because they're men," Stabenow says. "That's a very positive thing."

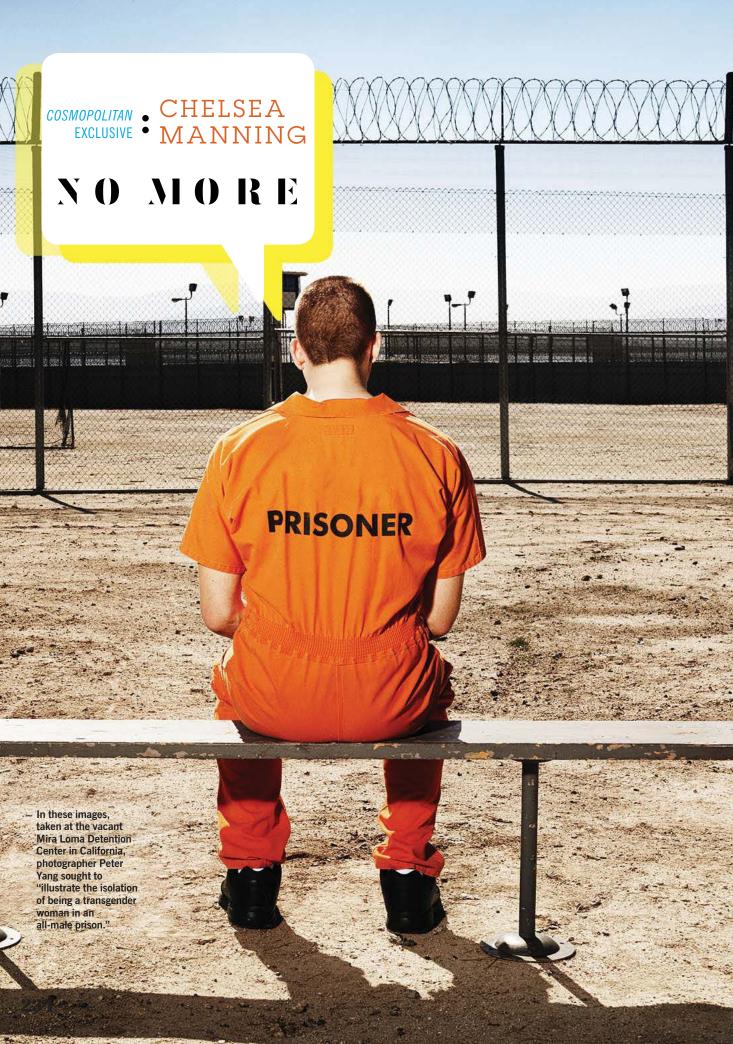
"We don't agree. We span the ideological spectrum," Collins says. "But as women, we bring life experiences that

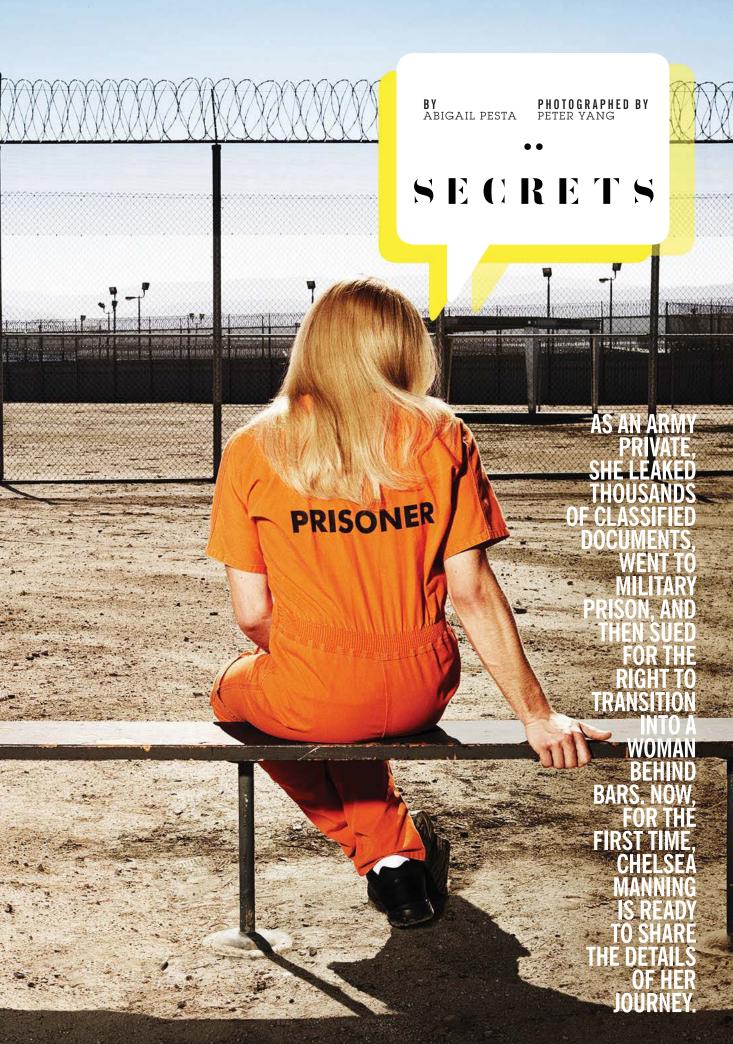
men don't have to the table, and that is valuable for legislating and it's valuable for America."

And yet the Senate remains far from resembling the nation. Only six senators are members of racial and ethnic minorities. And while the number of female senators has been rising over the years (leading to the first-ever traffic jam in the women's bathroom, notes Klobuchar), the United States ranks 72nd in women's

representation in national parliaments, sandwiched alongside Panama between the Czech Republic and Kenya. And that means, for all their gains, female senators remain something of an anomaly. It will be nice, they say, when their presence is not so notable.

"What I'm looking forward to," Shaheen says, "is when my grandchildren don't have a story like this written about them because they're women." ■





Growing up in rural Crescent, Oklahoma, Chelsea Manning found an oasis in a favorite room of her family home. "I loved being in my sister's room. I really admired her, and wore her clothes to play in, played with her dolls, played with her makeup," she says. "She had a mirror with settings to see what you would look like in different lighting. I thought that was amazing."

Back then, Manning was known as a boy named Bradley. Today, Manning is a transgender woman, living in a prison for men.

She is also easily one of the most controversial figures of the early 21st century. Bradley Manning made history as a U.S. soldier in 2010 by leaking hundreds of thousands of classified military documents to WikiLeaks, saying the goal was to unveil the human cost of war. To supporters, Manning was a human-rights champion. To authorities, a criminal and an anarchist. In August 2013, Manning was sentenced to 35 years in prison. After the sentencing, Manning grabbed even more sensational headlines by announcing: "I want everyone to know the real me. I am Chelsea Manning. I am a female."

Manning got a legal name change and requested treatment for gender dysphoria, the medical term for people who identify with a different gender than the one they were assigned at birth. Military doctors had diagnosed her with the condition, according to the American Civil Liberties Union. After a year without the medical care, which includes hormone therapy and female grooming, Manning and the ACLU sued the military. At press time, the Army had agreed to permit some care—hormones, makeup, and female underwear—but not long hair.

In her first interview with the press from military prison in Fort Leavenworth, Kansas, Manning told *Cosmopolitan* about her experience behind bars and her lifelong desire to live as a woman. The interview was done by mail, as the military does not allow prisoners to speak with reporters by phone or in person.

Manning, 27, says her quest for medical care has been distressing because she feels "like a joke" to military officials. She says she is optimistic about the recent progress but that it is "painful "I AM
TORN UP.
I GET
THROUGH
EACH DAY
OKAY, BUT
AT NIGHT,
WHEN
I'M ALONE
IN MY
ROOM,
I FINALLY
BURN OUT
AND
CRASH."



and awkward" to be forbidden from letting her hair grow. "I am torn up," she says. "I get through each day okay, but at night, when I'm alone in my room, I finally burn out and crash."

At press time, the case was moving ahead. "The fact that Chelsea is receiving hormone therapy and other treatment for gender dysphoria is an important victory for her that will hopefully ease her distress," says ACLU staff attorney Chase Strangio. "But her fight continues because the government is needlessly prohibiting her from growing her hair, which will continue to cause her significant anxiety." The Army referred questions on the case to the Department of Jus-



tice, which said it could not comment on pending litigation.

Manning says she has spent much of her life feeling disconnected. "I spent a lot of time denying the idea that I could be gay or trans to myself. From the ages of 14 to 16, I was mostly convinced that I was just going through 'phases.' I ran away mentally, especially at night with access to the internet and the labyrinth of anonymous communications," she says. "I don't know how [this struggle] shaped my life and who I am, but it's absolutely a factor in the decisions that I made before and including when I enlisted in the Army."



MANNING RECALLS secretly dressing as a girl starting when she was 5 or 6 years old in quiet moments in her older sister's room. "I had always known that I

was 'different.' I didn't really understand it all until I got older," she says. "But there was always this foreboding sense something was 'wrong.' I never knew how to talk about it. I just remember feeling terrified about what would happen if someone found out. It was a very lonely feeling."

Bullies descended in grade school, she says. Manning was short and small, and kids called her "girlie boy" and "faggy." Her father's advice, she says, "was to 'man up,' and if anyone gave me problems, 'punch them in the face." This kind of advice led to "a lot of fights in school," she recalls.

She remembers a rocky home life, with parents who were often distant and dismissive. At

one point, she recalls, her mother tried to commit suicide. Her sister, Casey, reportedly described the incident at Manning's trial, saving she drove the family to the hospital while Manning sat in the backseat with her mother. Says Manning, "It was a terrifying experience, for sure. But it seemed perfectly normal to me then."

Manning later moved overseas to Wales with her mother, whose marriage had crumbled. She began high school and sought friends she could trust. "There were a lot of points where I would start to come out, face stern resistance and mockery from people I thought were my friends, and then reverse course. I was scared," she says. "I don't think I ever said 'I'm gay' or 'I'm trans.' It was more like, 'Is it normal for guys to crossdress a lot?"

Manning's father, Brian Manning, has sharply different memories, recalling a child who liked to play with Legos and the family computer, not in Casey's room. He remembers a happy household, no bullies at school. He does not believe that Manning could have leaked hundreds of thousands of documents alone without catching the attention of colleagues. Having worked in information technology for 30 years, he says, "I know what you can do and what you can't do."

Manning's mother, Susan Manning, said through a representative at the Private Manning Family Fund that her child has always been idealistic and she believes this is the root of any leaks. She said she supports Manning "one hundred percent" in her desire to live as a woman.

More turmoil followed Manning's return to Oklahoma after high school in 2005. She lived with her father and got an internship as a software programmer and designer, but both the job and the relationship with her dad went south. A period of homelessness followed, during which she largely lived out of her truck in Chicago. She later moved in with an aunt near Washington, D.C., enrolling at Montgomery College. She worked 60 to 70 hours a week at two sales jobs to pay for it, she says, and the juggle became "insane."

Thoughts of living as a woman loomed. "But my schedule was hectic, and therapists cost a lot of money," she says. "And even though I started seeing a psychologist with the specific intent of exploring my trans identity, I panicked and never brought up the subject with her. It was all exhausting me to the point I was turning to soda, cigarettes, and the internet for an escape."

A future in the military came into focus, urged on by her father. "I was following the coverage of the Iraq war and the ongoing 'surge,'" she says. "I began to wonder if I could help out. Sure enough, I enlisted." Another thought occurred too: Perhaps the macho environment would distract her from thoughts of living as a woman.

BASIC TRAINING in Missouri in 2007 was rough. "I absolutely was caught off guard by the intensity," she says. "There were points when I was humiliated pretty badly. One of the drill sergeants who inventoried my personal belongings made comments

about my phone: It was pink. I didn't think much about bringing it with me-I just liked it."

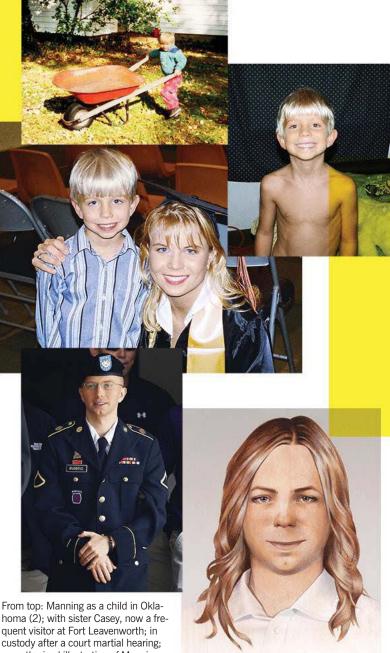
One difficult night, she says, is "burned in my memory." It came after a long day of marching with weapons loaded with blank rounds. "We arrived at a range where you low-crawl under razor wire," she says. As she was crawling, she says, her weapon got stuck in semiautomatic-fire mode. She became frustrated and tried to force the switch back. "This was a stupid idea," she says. "It went off." The blast infuriated the tired recruits. The next night, "I was jumped by two of the guys who lived with me," she says. "They turned off the lights and tried to push me into my wall locker so they could lock me inside of it. I fought back." A sergeant came as Manning was ready to strike a blow, she says, and she was sent to a behavioral health clinic for "fits of rage." She says she kept the locker incident to herself, and the guys "respected that and left me alone."

Manning went on to become an Army intelligence analyst in New York and prepared to deploy to Iraq. She entered a happier phase, beginning a relationship with a student at Brandeis University. "I fell in love with him. He was not my first relationship, but he was certainly the most serious one," she says. He was the first person Manning recalls telling about her desire to be a woman.

Manning kept her relationship quiet at work, in line with the Don't Ask, Don't Tell policy of the time. But in the lead-up to her deployment to Iraq, she says, supervisors began inquiring about her personal life. "I was getting frustrated because they were being nosy and they were digging in deeper because I was resisting their questions, for the sake of protecting my career," she says. "It was a very high-stakes situation for me: I just wanted to deploy, do my job, and do it well. Hiding myself made this virtually impossible."

To supervisors, these anxiety-ridden interactions were a red flag, and Manning got sent to counseling. The deployment moved forward. When Manning landed in Baghdad, she and her boyfriend began to "drift apart," she says.

Iraq became a turning point emotionally. The experience "made me absolutely certain of who I am," she says. "Dealing with reams and reams of e-mails, memos, and reports of people dying around me every day-to the point it becomes just a statistic to many people—made me realize



an authorized illustration of Manning as a woman by artist Alicia Neal.

> just how short and precious our lives really are. I could've been killed at any moment too. We all can, really. So what better day to start being ourselves than today, right? Yeah, it sounds tacky, but it's absolutely true. When I went on leave in January 2010, I was comfortable dressing as a woman in public. I wouldn't have been able to do that before I deployed to a combat zone."

> Manning declined to answer questions about the massive document leak. In a statement after the trial, she said she wanted to help, not hurt, people. "It was not until I was in Iraq and reading secret military reports on a daily basis that I started to question the morality of what we were doing," she said. She cited the killing of innocent civilians, a lack of public accountability, and turning "a blind eye" to torture.

The prosecutors had a different take-that Manning was a traitor. Prosecutors called the leak the biggest in U.S. history, arguing that the classified documents provided "potentially actionable information for targeting U.S. forces," putting soldiers at risk and harming national security, according to the Army News Service. Manning pleaded guilty to 10 offenses and was found guilty of 20, including theft of government information. She was acquitted of the most serious charge, aiding the enemy. Her attorneys are working on an appeal. In a recent victory for Manning, an Army court of appeals ruled that the military must refer to her in court filings using female pronouns or neutral language, such as "Private First Class Manning."

By the time Manning received her prison sentence, Julian Assange, the editor of WikiLeaks, had become a high-profile figure, played by Benedict Cumberbatch in a DreamWorks movie, The Fifth Estate. Manning declined to answer questions about Assange, who has claimed asylum at the Ecuadorian embassy in London.

Manning says it was "very much a relief" to announce that she is a woman after the sentencing. She didn't fear the public response: "Honestly, I'm not terribly worried about what people out there might think of me. I just try to be myself."



MANNING SPENT three vears behind bars awaiting trial. She says nine months of that time were spent in de facto solitary confinement at a military base in Virginia-no personal

items allowed. "I had to ask for permission to use a toothbrush, toothpaste, and toilet paper, and when I was done, I had to give these items back," she says. "I only got through it through humor. I just laughed at the entire situation. It became such a comical joke to me after a while. Unfortunately, you can't reason with absurdity. It's hard to lose your sanity when you're living in such an insane situation." After a public outcry, Manning was moved to Fort Leavenworth.

Today, Manning has her own cell with "two tall vertical windows that face the sun." She can see "trees and hills and blue sky and all the things beyond the buildings and razor wire," she says. "My mind barely acknowledges the buildings anymore." She spends much of her time in the prison library, where she types up homework for a degree in political science. She works out in the gym and has a job in a woodworking shop, which she describes as "very fun, actually."

She says she hasn't faced harassment from inmates and has found some confidantes. "The

"I AM ALWAYS **FLATTERED** THAT [TRANSGEN-DER PEOPLE FEEL I HAVE INSPIRED THEM IN SOME WAY. BUT HONESTLY, I THINK IT'S THE OTHER WAY AROUND.

guys here are adults....There are some very smart and sophisticated people in prisons all across America—I don't think television and the media give them credit," she says. She gets visits from friends and relatives, including regular visits from her sister. The prison forbids visits from people Manning did not know prior to her confinement.

She receives letters from transgender people around the world. "I am always flattered that they feel that I have inspired them in some way," she says. "But honestly, I think it's the other way around: They inspire me more than I think they might realize." Birthday cards have reportedly arrived from designer Vivienne Westwood, REM's Michael Stipe, and Edward Snowden, who famously leaked documents from the National Security Agency and has claimed asylum in Russia.

Manning says she hasn't seen Orange Is the New Black—there's no Netflix in prison—but is aware that the show features a transgender woman living in a women's jail. She notes that this scenario is unusual, because the vast majority of incarcerated transgender women are housed in male facilities. But the show is "spot-on," she says, in featuring a transgender character with a history of stealing. Transgender people are "all too often disowned by families and basically left for dead on the street," turning to petty crime, she says.

She says she was deeply moved by a letter she received from a transgender woman facing backlash from her family. "I cried, and couldn't stop crying, after I read her story. I had to write her back, but I haven't heard from her since," she says. "I only need to look at the recent suicide note of Leelah Alcorn in Ohio to see that the desperation and tragedy I felt growing up is still around today." Alcorn was a transgender teen who walked into oncoming traffic after posting a good-bye online. Says Manning, "I've drafted similar notes at tough times in my life."

Manning could get out on parole in around seven years. But she still wouldn't consider herself free: The Army says a parole officer could supervise her until her maximum release date, 2045.

It's not what Manning imagined for her future as a child back in Oklahoma. "When I was a kid, I wanted to be in business or politics, like a CEO of a big corporation or a U.S. senator. There were also times I wanted to be an astronaut or a military officer," she says. "Yes, there were moments when I thought about doing this as a woman. When you're a kid dreaming, anything seems possible." She thinks her life might have been much different if she had felt she could come out sooner. "I think a lot of opportunities would have come easier to me if I had felt more comfortable and confident in my own skin, and not terrified of the world around me."■

BY AURORA TOWER @AURORAASTRO The Full Moon on the 3rd in Scorpio will make life more sexy, but take it slow, especially after the 18th, when Mercury goes retrograde. The Sun moves into Gemini on the 21st and lots of action starts swirling, but watch out for miscommunications!



05.22-06.20

Wrap up old projects, Gem, so you're primed for new adventures by the 11th, when Mars moves into your sign. Your ruler, Mercury, goes retrograde on the 18th, so chill if paperwork stalls.

YOU NEED: To believe in your magic. Big things will happen by the 21st, when the Sun enters your sign. Seize your moment!

GEMINI GUY: Pick a show to bingewatch together in bed, because your Gemini needs some downtime snuggling with you.



06.21-07.22

Venus moves into your sign on the 7th, which will make you irre-freakinsistible, so capitalize on this, both at work and romantically. Take care of you around the 22nd.

YOU NEED: A rockin' girls' night, where you let your friends inspire you to break out and let loose.

CANCER GUY:
Friends are a
priority for him
this month, so
mix up some
margs for a Cinco
de Mayo party for
your whole gang,
and end the night
with a major olé!



07.23-08.22

Show what a #Boss you are at work by tackling a new project or taking on more. It pays off on the 4th, as Jupiter's angle to the Sun makes fame and success closer than ever.

YOU NEED: To indulge in your wanderlust. Go to that hot spot you've been eyeing around the 27th....The stars guarantee an adventure.

LEO GUY: Shower him with love right now (being literal here, get that guy in the bath), and give him the attention he's craving.



08.23-09.22

Hit the pause button—time to refresh and recharge! On the 18th, Mercury goes retrograde. Use this time to reflect on what your heart's desire really is.

YOU NEED: Adoration! On the 29th, Mercury makes an aspect to Neptune—that spells heat—so go salsa with someone sexy.

virgo GUY: The travel bug has bit him hard, so take a weekend road trip. Naughty car fun with Cosmo's /Love What You Do to Me will get things going.



09.23-10.22

You will make a killer impression at work on the 7th, when your ruler, Venus, moves into your zone of power. Your passion is what makes you unstoppable.

you NEED: A vacation! Plan a getaway around the 21st, when the Sun moves into your zone of adventure. Libra, relax and revel!

LIBRA GUY: He's feeling powerful this month. Yes, your sweet boy is finally looking to get his *Fifty* on. Pick a weekend to tell everyone else you know, *laters*, *baby*.



10 23-11 2

May is super romantic for you, Scorpio. The Full Moon on the 3rd makes it one of the sexiest days of the year. Sparks may fly when an old crush pops up on the 29th, but make sure he deserves you!

YOU NEED: To treat yo'self to a flirty new outfit that matches your seductive mood.

scorpio Guy: It's time to let loose in a big way.
Dress up and cater to his social mood with a glitzy night out.
(Commando encouraged.)



11.22-12.21

Good luck is coming on the 4th, when the Sun aspects your ruler, Jupiter! Your love life blooms on the 21st, when the Sun moves into your opposite, Gemini. Single? Tinder, OkCupid, Hinge—branch out and get your date on!

YOU NEED: New workout gear to motivate you to get even hotter around the Full Moon on the 3rd. CLOCKWISE FROM TOP LEFT; COURTESY DANIEL S. DUNNAM; PICTURE PERFECT/REX USA; LIONEL HAHN/ABACAUSA/STARTRAKSPHOTO.COM.

SAGITTARIUS GUY: He's in nostalgia mode. Kick it oldschool with a night of making out so he's begging for more.

GEMURIGEMINI

SCORPI SCORPI



Adele's velvety voice and sultry demeanor make her the ultimate Taurus May 5, 1988



12.22-01.19

Make yourself a priority around the 15th and be good to your body. You'll need to be your best to take advantage of new and crazy career and romance opportunities.

YOU NEED: To lean in and take charge at work, and by the 22nd, you'll prove to the bigwigs what a star you are.

CAPRICORN GUY: His inner child wants to get out and play! Surprise him with a day of laser tag—highest scorer is the boss in the bedroom later.



01.20-02.18

Give your place a mini-makeover, or look for a new nest—the stars support a move. The 25th is the day for romance as your ruler, Uranus, makes an aspect to Venus.

YOU NEED: A soirée chez you after the 21st, when the Sun hits your fun zone. Sparks may fly with a surprise guest.

AQUARIUS GUY: Shack up for some QT. Forget a cozy dinner for twotake a cue from the legendary Samantha Jones, and serve him

dinner on you.



02.19-03.20

This is a festive month! Head to a party on the 4th, when you are sure to meet someone you connect with deeply. Open your heart to new possibilities!

YOU NEED: The moxie to make your ideas heard. That kernel of brilliance in the back of your head could be something major.

PISCES GUY: Your man is swimming toward his next big move. Introduce some new moves between the sheets to get his creative juices flowing.

03.21-04.20

You find starting projects more thrilling than the follow-through, but your focus is fierce right now. The 6th will be epic-that promotion is in the freaking bag.

YOU NEED: TO embrace your inner vixen when love sizzles on the 11th. Break out your sexiest lingerie, treat him to a striptease, and watch his eyes pop.

ARIES GUY: During May, his desire for you is downright primal. Get ready to roar, because he's about to be an animal in bed.



stellar gifts: A true friend, you can always be counted on to listen and care.

blind spots: Once you have your mind made up, it's tricky to get you to consider alternatives.

fashion faves: Wrapping up in soft, luxe materials like cashmere, silk, and velvet is heaven for you.

indulgence: Have the ultimate you-day: an outdoor yoga class followed by a hot-stone massage.

seduction style: A slow, steady, and sensual build will get you in the mood, so savor a delicious meal and a walk under the stars together for a night to remember.

your month: Your datebook is packed this month. After the 7th, spending lots of time with your oldest friends is a priority, so don't rely on Facebook—plan some IRL fun. Venus makes a positive angle to Neptune on the 16th, giving you a boost of love and creativity. Work it, especially when Mercury goes retrograde on the 18th, and you may have the chance to revisit a past passion project.

your year: There are a lot of changes in store this year, and some of them will help you make your most precious dreams reality. You may finally be ready to stop second-guessing yourself and settle down with you-knowwho come July. That big career break you've been waiting for? Circle November on your calendar and get ready to shine like the shooting star you've always been.

you need: A trip in September to refresh and rejuvenate in the midst of a transitional time.

for culture by spending an evening at a philharmonic concert or local gallery exhibit.

WIN HIM OVER:

By not coming on too strong. Keep it slow and steady with Mr. Taurus.



HATES:

THE

GUY

Channing

Tatum } 04.26

A passionate and

Flaky and fickle

behavior that

consistent woman.

TAURUS

Arouse his passion



cancer: You both love to indulge in food, wine, and passionate play between the sheets! When you're together, the world fades away.

pisces: Both creative spirits, you act as each other's muse and inspire each other tremendously. Whether it's lazy mornings in bed or moonlight walks, you are both romantic souls.



CRAZY SITUATION **WORKING YOUR** LAST NERVE? **VENT HERE!**



"I don't think your belt is working....' -VERJILIA A., 28



"I'm sorry—did my shopping interrupt your book club?" —ASHLEY L., 26



"These guys were doing body shots off each other to attract women. Um, no thanks." -ELLIEC.. 21



"When old men take off their shoes at the gym and wear only socks... eww." — CHRISTIEW., 23

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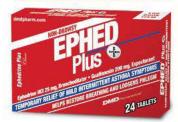
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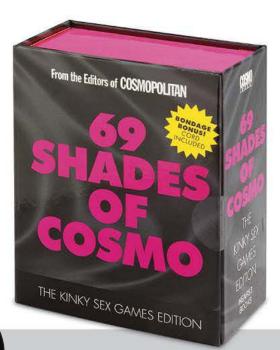
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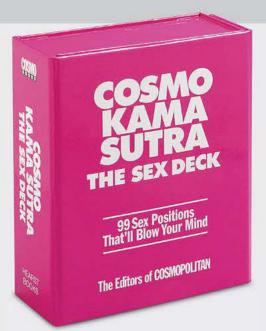
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